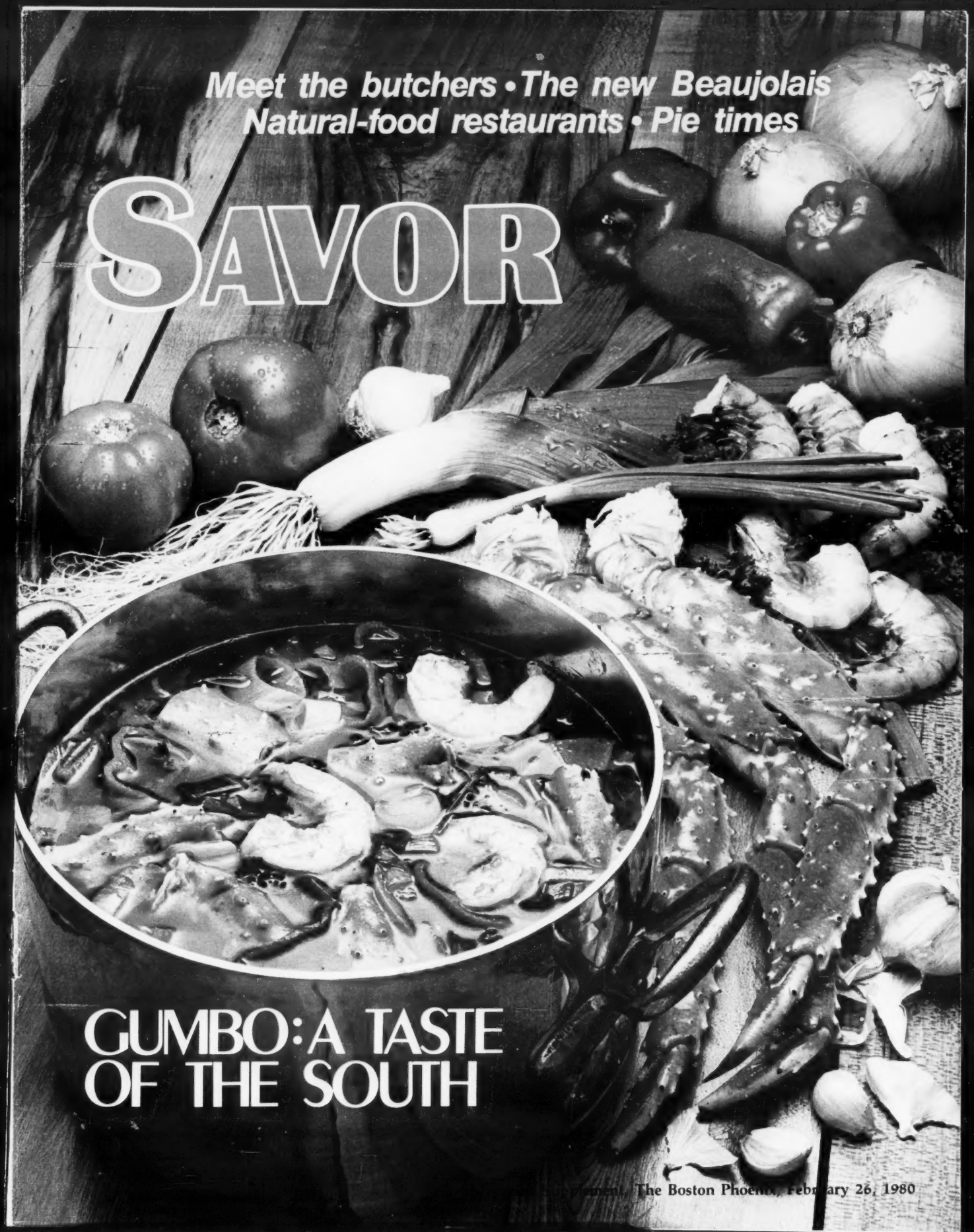

The Boston Phoenix, February 26, 1980

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Cover photo by Lou Goodman. Seafood courtesy of Legal Seafoods, Chestnut Hill; cooking pot from the Kitchen, in the Galeria, Harvard Square. Pictured: Dwayne Wang's meatless seafood gumbo, recipe on page 25.

SAVOR

Savor is published by
The Boston Phoenix, 536-5390,
100 Mass. Ave., Boston, Mass. 02115.
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Illustration by Katherine Mahoney

GUMBO

by Sheryl Julian

The original Creole gumbos from Louisiana were a combination of African okra stews and the crab-and-shrimp soups made by the Choctaw Indians. The word gumbo, once *gombo,* is a Louisiana distillation of several African words for okra — *chingombo, ochinggombo, kingombo*. Black cooks in New Orleans thickened their stews with the mucilaginous liquid drawn from okra pods, and the vegetable itself is an ingredient in many gumbo recipes. (Some historians suggest that okra is not native to America, and that slaves smuggled the vegetable's seeds from Africa to the South by hiding them on their bodies.) The Choctaws, on the other hand, thickened their seafood concoctions with a powder called *file*, made from dried sassafras leaves. A few tablespoonfuls of *file* will thicken a whole kettle of gumbo.

Like New Orleans jazz, traditional gumbos were improvised. There are versions made with wild duck and goose, turkey, sausages, shrimp heads and crab claws, stew beef or veal, meaty ham bones, and all kinds of fish. All gumbos share a dark-brown roux and an additional thickener of either okra or *file* powder. Most gumbos are made hot by fresh or dried pepper or hot sauce, and they are often perfumed with garlic and thyme. The use of meaty Creole tomatoes is also typical, although one popular gumbo violates all the rules: gumbo *z'herbes*, which is eaten at Lent, is made with at least eight kinds of greens.

Continued on page 22

Meet the butchers

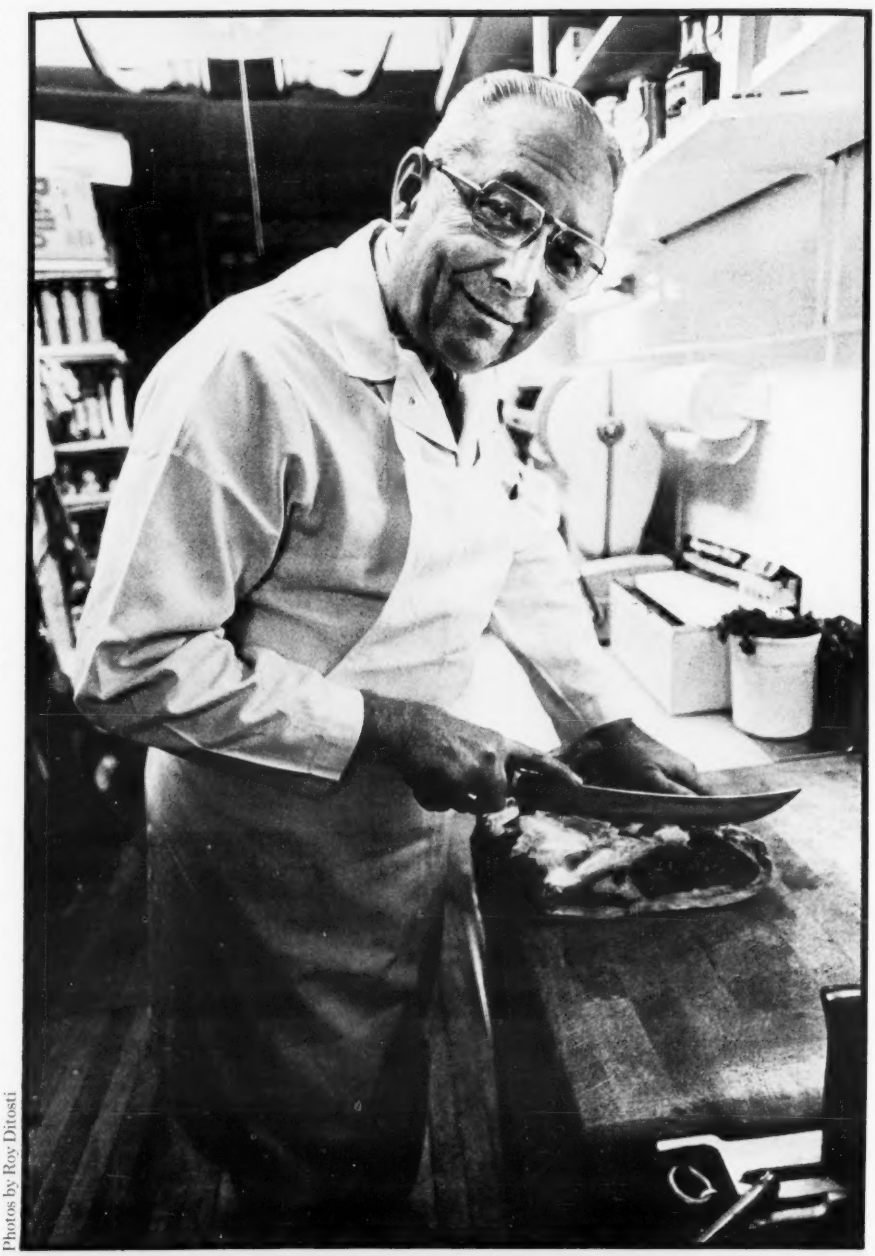
What a bunch of cut-ups

by Gail Banks

Not so long ago, steak was as American and as common as apple pie. We bought sirloins and T-bones prepackaged at the supermarket, and at a dollar or so a pound, it didn't matter if their flip sides were less pretty than what we saw through the cellophane. Now, however, the price of tenderloin is nudging $7 a pound, and it's becoming expensively fashionable to eat veal and lamb, so smart shoppers are trading the pot-luck of the chain stores for the certainty of butcher shops; the unit price is higher, but the quality is more uniform.

At the butcher shop, a man in a white apron will explain — often with vigorous gestures toward his own anatomy — exactly where dinner is coming from. He will encourage your fingers to feel for themselves that a fillet's surface is "silky" and teach you that the very best veal is pale, shell pink and the tenderest beef is "marbled" with tiny veins of fat. For fancy occasions, he can make up crown roasts or lamb *noisettes* — boned loin chops tied with bacon. And no matter what you purchase, he will turn the meat over right before your eyes.

So in tribute to carnivores everywhere, we've scouted out six of the town's top butchers. Their shops are colorful, and their styles range from expansive to courtly.



Photos by Roy Ditosti

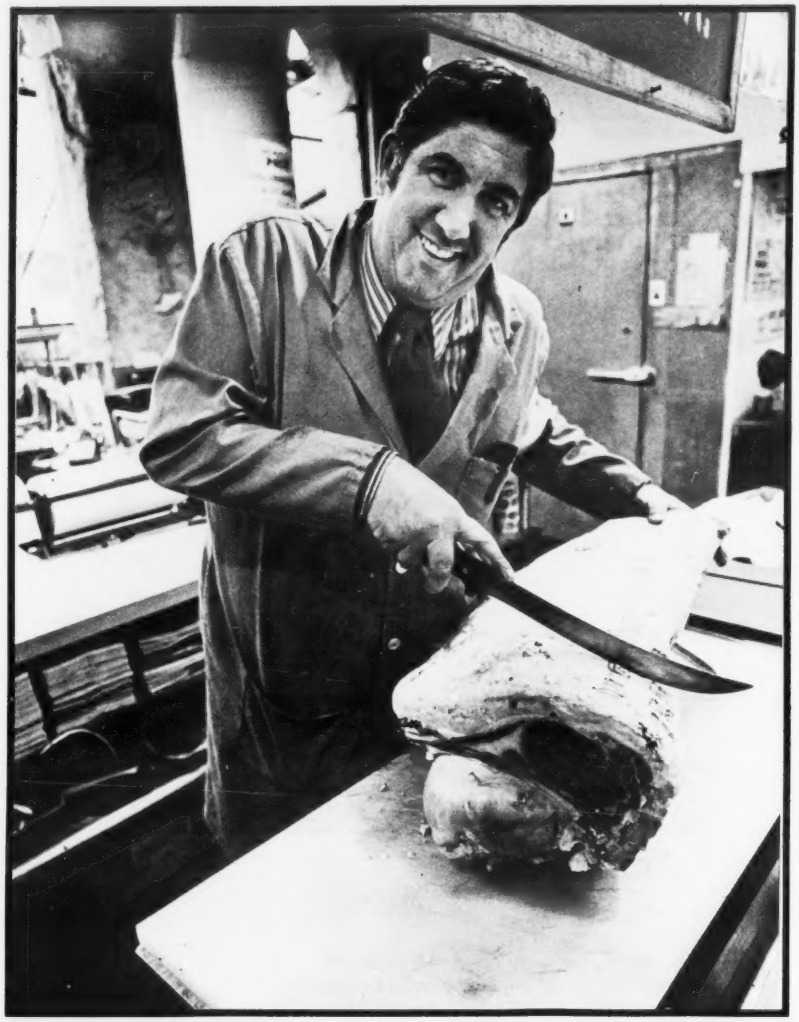
Brigham Provision Co.
40 West Cedar Street, Beacon Hill, 523-0340

The Brigham Provision Co. looks like the setting for a Norman Rockwell painting, and owner Leonard Kossowski, whom everyone calls "Mr. Leonard," fits the picture. He is white-haired, he peers over steel-rimmed glasses, and he has a manner so dignified it seems part of another century.

Brigham's was opened in 1872 (it has had three owners) and hasn't changed much since. It is as tidy as a doll house. Even the cash register — a huge old-time model brilliant with engraving and bursting with knobs — is picturesque. At Brigham's, shoppers don't pillage the shelves, as they do at Stop and Shop. They point, and a clerk fetches.

Mr. Leonard's meats have a reputation for being peerless. "We're in an area where we have to carry the best," he says. "We can't cut any corners." Since Beacon Hill comes to him for dinner-party groceries, he specializes in fancy cuts — saddles of pork and lamb, for example, and larded fillet roasts. He also makes his own seasoned Swedish meat loaf ($3.30 a pound) — a combination of beef, veal, and pork ornamented with crossed bacon strips. "The customer just has to pop it in the oven," he says. Brigham's doesn't carry fish, but will get it on order, along with quail, squab, duck, pheasant, and guinea hen.

Ninety percent of the shop's business is telephone orders delivered to charge-account customers. And when the package arrives, it looks as good as it will taste. "We pride ourselves on presentation," says Mr. Leonard. "Everything is properly trimmed." And garnished. Veal and poultry spring from their wrappers accompanied by fresh parsley. Steaks carry with them slices of mushroom, and fillet steaks are accented not only by mushroom, but also by a tiny, jade-like grape.



M. Berenson Co. Prime Shoppe
104 Faneuil Hall Market, Boston, 523-1206

Owner Mort Berenson is big and jovial, and he considers himself something of a showman. "When we make Italian sausage, people line up three deep," he says.

It is here that you can buy his well-known "Beef and Bird" sandwich ($2.50), which is made from roast goose in sauce and sliced roast beef. He also sells a roast-beef sandwich with no condiments — a testimony to his belief in his beef. Berenson insists that every piece of meat in his shop is USDA prime, and has the stickers to prove it. That he has these stickers, he says, means that he'd incur a heavy fine if a single piece of the lower-priced choice grade were found in the shop.

Berenson's is famous for fresh poultry, and the owner himself raises geese and pheasants ("I'm the only meat dealer with a wildlife license"). He also stocks fresh duck, sells from 600 to 700 fresh turkeys at Thanksgiving, and carries duck and goose livers for those who make their own *pate*. Among the amenities he provides are a recipe for marinated chicken, clips of rosemary to season lamb, and the paper frills for crown roasts. As economy cuts, Berenson recommends scalloped shoulder ($3.50 a pound), which is good for London broil or oven roasts, and undercut roast ($2.95 a pound).

Berenson says his clientele is varied: "If Doris Kearns has a Kennedy to dinner, she comes here for her roast, and people buy here when the boss is coming to dinner. When girls are courting and they're going to prepare something to be served by candlelight, I'm the guy they come to for the steak."

These days, Berenson is teaching a course on meat at the Boston Center for Adult Education and working on a book entitled *The Mystique of Meat*. He believes in educating his customers. "I like to explain things," he says. "People should learn that prime meat doesn't actually cost that much more."

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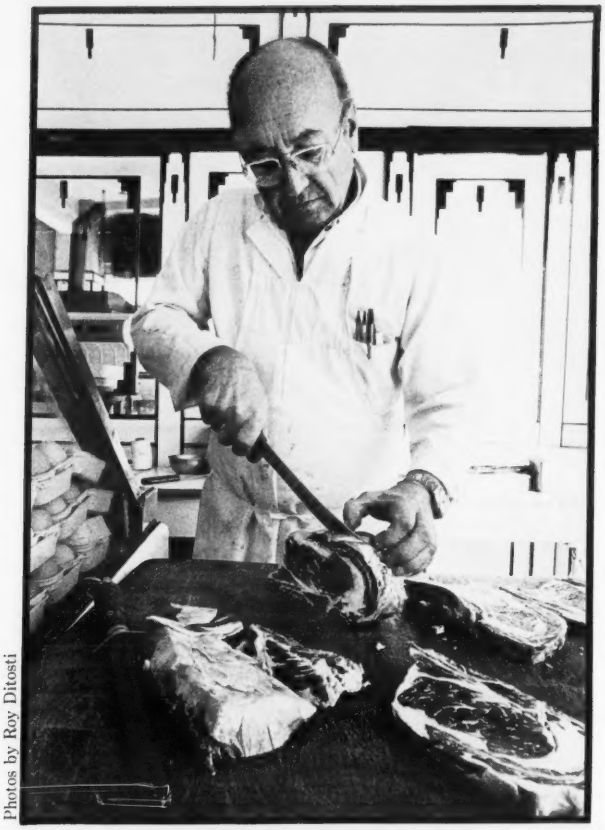

Photos by Roy Ditosti

Alter Bros. Kosher Meat Market
401 Harvard Street, Brookline, 566-9010

Nat Alter says his store is special because it's kosher. To display the Certificate of Kashruth, he's got to sell only provisions that have been produced in accordance with strict standards governing everything from slaughtering to merchandising.

Much of the day, the store is filled with the music of a three-tiered rotisserie's turning out Alter's famous barbecued chicken. The fowl are basted with what Alter calls "grandmother's dry recipe," and are so good you can serve them *sans peur et sans reproche*. The secret is as much in the chicken as it is in the sauce: Alter carries only "fresh native poultry," which, he says, is hard to come by (most of what's sold in Boston these days is shipped in from out of state, and it loses its freshness in transit).

Alter, a sparkling man, seems to have known all his clients from the cradle. "This little girl used to be 77 pounds," he says of a young woman who is weighing in these days at about 110. "Eating my chickens filled her out a little." His establishment is old-fashioned in decor — a true Art-Deco butcher shop — with walls covered in black, white, and mirrored panels: "This is a service store," he says. "I wait on you. And the days for this kind of place are numbered because of operational costs and the problems of getting help." Alter, who pickles his own beef and brisket, says that although his prices are higher than those in other stores, his products are impeccable. "People come to me when they are shopping for something exceptional," he says. When asked about economy cuts, he replies, "No way. You get what you pay for."

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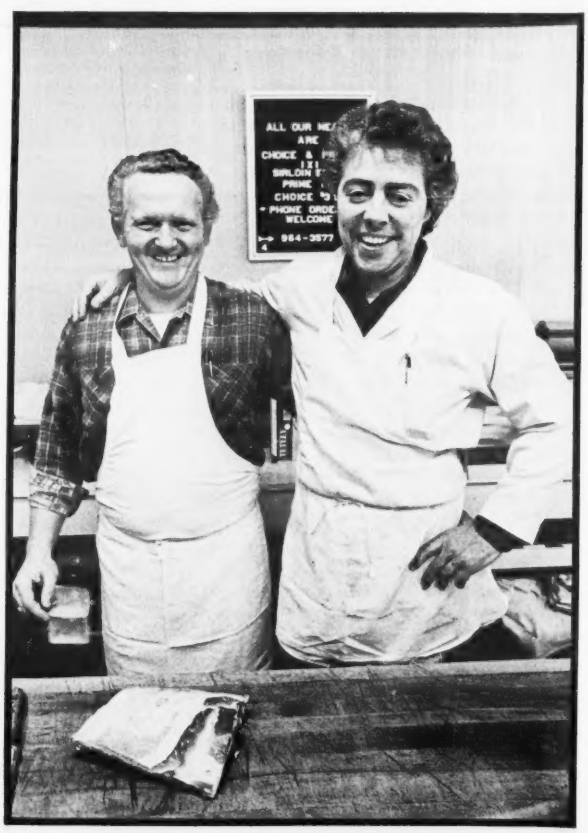
John Dewar and Co.
735 Beacon Street, Newton Centre, 964-3577

If you're a perfectionist in your search of a meat market, meat supreme in an immaculate environment with no auxiliary groceries and no back-slapping good humor, consider John Dewar and Co. The motto here (engraved on a wooden wall plaque) is "Everything must be done properly — very properly." If anything, that's an understatement.

John Dewar, who owns the shop with Fred Donovan and Bonita Welch, is a quiet yet stylish person with curly graying hair; well-oiled cowboy boots peep discreetly from beneath his trousers. He is not garrulous, but his store speaks for him. It contains a highly polished and beautifully preserved meat counter from the '40s, and high on the wall is a mural of enlarged French stamps honoring the great chef Paul Bocuse. Dewar's is the Tiffany's of butcher shops and the meats are displayed as if they were rubies.

Dewar specializes in lamb — prime racks, and collars — or small crown roasts. He points out that the less-expensive beef cuts, like chuck and round, simply don't sell to his customers, but he does grind to order two kinds of hamburger — chuck and sirloin. He can usually provide same-day service for unusual requests, like for quail or pheasant, and offers free delivery on orders of more than $40.

Across from the display case is a shelf of cookbooks for the customers' reference, and beside them are bottles of sherry and cognac and stemmed glasses, which provide refreshment for those who find waiting tedious. But Dewar is offhand about such frills; he's serious only about his product. "We're determined," he says, "to give the customers *enormous* value for their dollars." (Pictured: Dewar and Fred Donovan.)



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Centofanti Meat Market
109 Salem Street, North End, 723-9846

The rather dazzling experience of shopping at the Centofanti Meat Market begins right at the door. As you enter, you brush against half a dozen vending machines stocked with intricate plastic jewelry, puzzles, bubble gum, and rubber Mickey Mice. Inside, there are gastronomic toys for adults — cheese wound with rope and garlands of sausages. Arcangelo D'Iorio, who arrived here nine years ago from Avellino, Italy (a city near Naples), makes three kinds of sausage — Italian, liver, and *cotechino*, the last of which, he says, is delicious with fried broccoli. He also carries fresh rabbit for stews, as well as goat, lamb, and cans of spiced meat for serving in salads and omelets. You can also get dried Italian mushrooms and dried pasta in every imaginable shape and size. D'Iorio cures his own prosciutto and capocollo (Italian bacon), and will do large amounts for individuals on request. But his special pride is in consistent quality. "Whether you spend one dollar or a hundred," he says, "we give you the best possible product."

Savenor's Supermarket
91 Kirkland Street, Cambridge, 547-1765

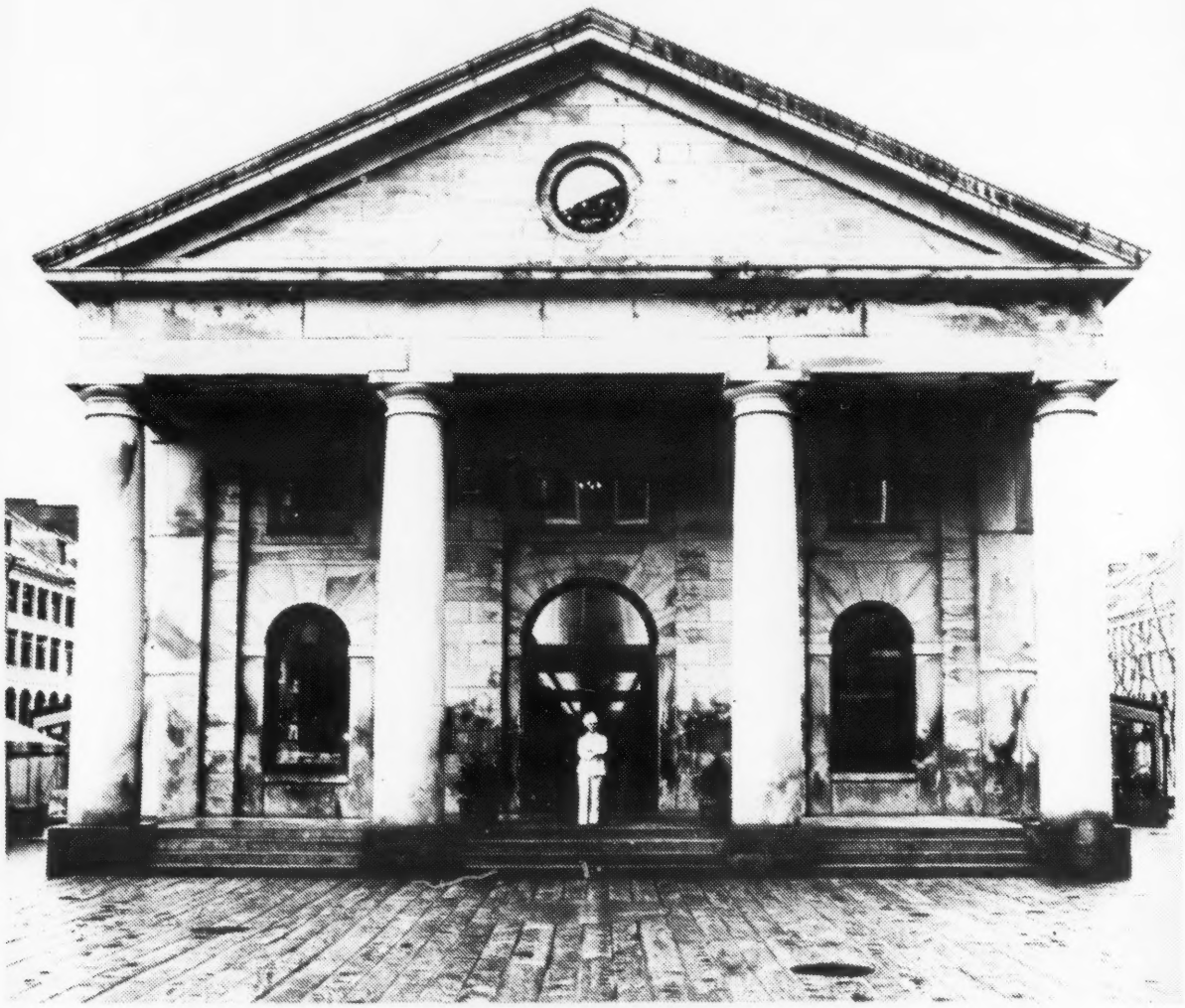
If there is a superstar among local butchers, it is Jack Savenor. In 1967, *Time* magazine did a cover story on Julia Child, who named the Cambridge grocer a near-collaborator on her TV show. Right after the story, Savenor's weekly meat volume rose from 1500 pounds to 15,000; today, with his sales to restaurants, he sends out 30,000 to 40,000 pounds of meat a week.

But despite his success, Savenor stays close to his customers — whose age and vigor, incidentally, suggest that meat-eaters may outlive even those who subsist on yogurt. "How was that steak?" he asks a regular shopper and recent bride of 85.

Savenor says his meats are all top-grade prime, and that he is able to supply *anything* — rattlesnake, hippopotamus, suckling pig — either immediately or on short notice. He carries everything from wild goose and duck to brisket and *flanken*, and will cut to your most finicky neads. He notes that veal consumption has gone up "500 percent" in the last year, that of lamb has quadrupled, and that of chicken tripled, but he insists that beef is still a good buy. "The price hasn't gone up like oil." Chuck, blade steaks, and shoulder cuts are very reasonably priced, he notes. "The least-expensive cuts have the best flavor, even if they are less tender." (He recommends marinating these and cooking them longer.)

Savenor has no charge customers, but he says some neighborhood clients like the Galbraiths, the Schlesingers, and Erich Segal leave deposits with him, and he charges their purchases against these. He also offers recipes and freezer wrapping, and he will hang and age meat for customers who make large purchases. Occasionally he provides even more-specialized service. An Illinois woman called him recently and asked him to deliver a birthday order of beef to her son, who lives in Cambridge. She also requested that Savenor phone the young man and sing "Happy Birthday." He did. Now *that's* a full-service butcher. □

In France, they say if you want to build a truly great restaurant, you find a truly great Chef and build it around him.



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BETTER RED
THE NEW BEAUJOLAIS

by Michael Apstein

Beaujolais is one of the world's best-known and most widely drunk red wines. It is so popular that one suspects that more wine is labeled Beaujolais than is actually produced within the confines of its growing region, just south of Burgundy's famous Cote d'Or, on the Saone River between Macon and Lyon. Here the soil is chalky, and the gamay grape, which does not do particularly well elsewhere, flourishes. Beaujolais, generally fresh, light, and fruity, is often served slightly chilled and is meant to be gulped, not sipped and contemplated. It goes particularly well with light lunches of cheese and *pate* as well as simple dinner fare, such as stews and casseroles.

Four grades of wine are produced within the Beaujolais region. Named in ascending order of quality, they are Beaujolais, Beaujolais Superieur, Beaujolais-Villages, and the nine *crus* (growths): St. Amour, Julianas, Chenas, Moulin-a-Vent, Fleurie, Chiroubles, Morgon, Brouilly, and Cote de Brouilly. For a wine to carry any of these designations it must be produced in accordance with specific French regulations. For example, a Beaujolais Superieur must contain at least 10 percent alcohol and the yield must not be greater than 480 gallons per acre. To be labeled Beaujolais-Villages, a wine must come from any one of roughly 26 communes that produce higher-quality wine. Unlike the villages that are entitled to *cru* classification, they are not worth trying to remember by name, since the words "Beaujolais-Villages" will always appear on the labels. Because a lower yield per acre results in better wine, each of the nine *cru* producers must limit the yield to 425 gallons per acre. Additionally, these growers are required to prune their vines in a prescribed manner so their wines can carry that *appellation*.

There are some 5000 growers in Beaujolais. They sell their wine individually or through cooperatives to 35 or so shippers or *negociants*, who then blend it to achieve their own styles of wine, which are fairly constant from year to year. This procedure is different from that in Bordeaux, where all wine labeled Leoville-las-Cases, for example, will come from one vineyard and be made by one winemaker. In Beaujolais, a wine marked Fleurie could have been grown in any one of 100 vineyards, produced by several winemakers, and finally blended by one producer or shipper. Therefore, you have to pay attention to the producer's name as well as the grade of wine. On the label it will say "*mis en bouteilles par . . .*" or "bottled and shipped by . . . ." In the tasting notes below, the producer's name is in parentheses after the name of each wine. The importer's name, however, is of no particular importance in judging the quality of the wine.

A word about Beaujolais *nouveau*. This is wine made within four to six weeks of the harvest from any of the three lesser grades (not the *crus*) and is released for sale on November 15 of each year. It has become very popular over the past 20 years, perhaps for reasons of reverse snobbery ("It is what all the peasants of Lyon are drinking"), and the bistros of Paris race to see who can be the first to offer it each season. Any Beaujolais should be drunk while it is relatively young — within two or three years — but a *nouveau*, or *primeur*, Beaujolais must be consumed within six to eight months, or it becomes dull and uninteresting.

Beaujolais *primeurs*

1979 Beaujolais Primeur (P. Beaudet)

This is a typical *nouveau* Beaujolais, medium-red with purple hues, with a full, almost sweet, nose. It causes the characteristic initial "prickly" sensation, which is followed by a fresh, fruity taste. I think it is the best of the *nouveau* category sampled; however, it is also the most expensive ($5.25 at Harvard Wine & Liquor).

1979 Beaujolais-Villages Primeur (J. Charlet)

Although the Charlet *nouveau* has the same red/purple color as the Beaudet, the nose is somewhat lighter. It too is quite fruity, but lacks the initial effervescence of the Beaudet. It is still a very enjoyable wine ($4.69 at Savenor's Liquors).

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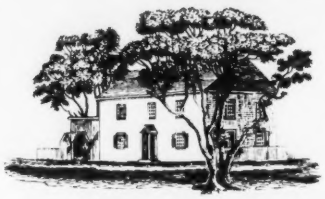
Photo by Christopher Harting



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Continued from page 13

1979 Beaujolais-Villages Nouveau (J. Bedin)

This wine has a color identical to that of the first two, but it has a more distinctive raisin-like nose. Its tartness, typical of Beaujolais *nouveau*, dissipates somewhat with breathing. I would rank it just below the first two, but its price makes it an attractive buy ($3.99 at The Wine Cask, Savenor's, and Macy's in Allston).

1979 Beaujolais-Villages, Tirage de Primeur (Ropiteau)

I sampled this wine at two different tastings and formed two opinions. The first time it was more enjoyable than the Beaudet: its color was deeper, and although it had a more distant bouquet, a smooth raisin flavor followed a pleasant early tang. At the second encounter, however, it had a somewhat musty smell and an "earthy" finish. I suspect the first tasting is more characteristic, but because of the second bottle, I can not recommend it without reservation ($4.65 at Harvard Wine & Liquor).

1979 Beaujolais Nouveau (J. Morin)

The lightest in color of the *primeurs*, the Morin unexpectedly had the spiciest taste. It had a definite peppery quality that overshadowed any other flavor. I find it less interesting than the Bedin for the same price ($3.99 at Gimbel's Liquors).

Beaujolais-Villages

1978 Beaujolais-Villages (P. Beaudet)

Just as the Beaudet *primeur* typifies the *nouveau*, the Beaudet Beaujolais-Villages is characteristic of this category. It has a deep-red/slightly purple color with a definite raisin bouquet and flavor; the taste is pleasantly spicy as well. With an enjoyable finish (something I don't expect from a Beaujolais-Villages), it was the best of the three such wines sampled, but again, the most expensive ($5.65 at Harvard Wine & Liquor).

1978 Beaujolais-Villages (H. Guillot)

This wine seems like a lighter, less-full-bodied version of the Beaudet, but is still quite good. It has a fresh, slightly less raisiny flavor. At the price ($3.99 at Brookline Liquor Mart), it is a good value indeed.

1978 Beaujolais-Villages (L. Latour)

Here is proof of the brief life span of Beaujolais. When first tasted, in August, 1979, this was a charming wine. Now, however, it smells of sulfur and has a slightly acidic finish — hardly charming ($4.49 at Gloucester Wine & Spirits).

The *crus*

1978 Morgon (A. Chalandon)

This wine has a bright, cherry-red color and a faintly woody nose as well

Continued on page 16

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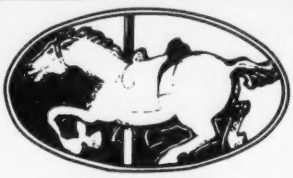

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Continued from page 14

as a *gout de terroir* (taste of the soil") commonly found in a Morgon. It is certainly full-bodied, but I found it somewhat simple for a *cru* ($6.80 at Wine Cellar of Silene).

1978 Fleurie (A. Chalandon)

The Fleurie from the same producer as the Morgon, on the other hand, is very attractive, with a brilliant-red color and an immediately apparent fragrant bouquet. It is exceptionally fruity, but not overbearingly heavy — a good value ($6.50 at Wine Cellar of Silene).

1978 Moulin-a-Vent (A. Chalandon)

Wine from Moulin-a-Vent is generally the most robust of the Beaujolais, and Chalandon's is no exception. Its "earthy" nose and deep color go along with a fruity, moderately complex taste, and a good finish. It tasted of raisins, as well as of other flavors that I couldn't precisely identify ($8.50 at Wine Cellar of Silene).

1976 Cote de Brouilly, "Vignoble de L'ecluse" (L. Verger)

This older Brouilly resembles a light Burgundy — from the Cote de Beaune, say — having lost much of the freshness associated with a Beaujolais. Although it was quite flavorful initially, its taste soon disappears. I suspect it is past its peak ($5.99 at Macy's in Allston).

1976 Fleurie (J. Charlet)

The brown tinge indicates this is a comparatively old wine. Like the Brouilly, it has lost that characteristic Beaujolais freshness; unlike the Brouilly, it has a moderately deep, rich flavor that is sustained ($5.99 at Gimbel's Liquors).

1976 Moulin-a-Vent, Chateau des Jacques (Thorin)

This Moulin-a-Vent is quite similar to the Charlet Fleurie, perhaps because the two are produced in adjoining areas. There is no brown color here, though; just a deep, dark red. This is a rich-tasting, "big" wine, another atypical Beaujolais ($7.49 at Macy's in West Roxbury).

* * *

Now, perhaps some generalizations and suggestions are in order. Drink 1979 Beaujolais *nouveau* by May or June at the latest, and certainly shun any 1978 Beaujolais *nouveau* you may come across. Generally, choose a Beaujolais-Villages over a Beaujolais — it will be slightly more expensive, but is likely to be substantially better. Although there are some good 1977 Beaujolais (especially among the *crus*), unless you are familiar with them, I suggest you not search for them. In selecting a 1976 Beaujolais (any older than that is certainly over the hill), stick to the *crus* and don't expect a typical Beaujolais but rather something closer to a Burgundy. □

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pie

apples crust

I love you as New Englanders love pie.
— Don Marquis,
Sonnets to a Red-Haired Lady, 1922

by Susannah Garboden

Apple pie is, of course, a symbol for all things American. The implication is that no other people make pie from apples. That's no truer than the oft-quoted (and mistaken) notion that pie is a New World invention. It is true, though, that outside the English language, there is no word even remotely related to "pie." It's all ours, and first appeared in print in 1303, when pies started to take off. They were a good idea even then, although classy citizens of the Middle Ages had a nasty tendency to fill theirs with live skylarks and thrushes. The function of this basically repulsive practice was realized when, as they say, the pie was opened. The liberated flock would of course fly frantically out and around the dining room, extinguishing the candles with its prop wash as it went and in general jazzing up the dinner party. It probably did, at that.

Pies enjoyed great popularity in Europe for centuries despite such surprises, but it took New Englanders to elevate pie consumption to the level of virtue, ranking it somewhere between parsimony and theology. And true to the Yankee image, apple pie is New England's favorite variety. A supervisor at Table Talk Pies, the region's largest commercial piemaker, guesses that Table Talk bakes half a million pies of various sorts each day. The firm's most expensive is pecan, but its most popular by far is apple.

Though denied the cliche status of apple, rhubarb pie, made from the stewed and sweetened stalks of what was once called simply "pie plant," is another long-standing American favorite. The famous strawberry-rhubarb pie, often today made ingenuously as a pie with strawberries and rhubarb for filling, is actually no such thing. Some rhubarb is green, some red. The red was once nicknamed "strawberry rhubarb." Don't worry, we all feel stupid from time to time.

Of course, rhubarb is a summer harvest; apples have their season in fall. Aside from canned or imported fresh fillings, this leaves pie-randy New Englanders short in winter. Fortunately, the Yankee talent for making do has bridged the seasonal gap, coming up with a substitute that uses what we tend to have a lot of sitting around on shelves all year — maple syrup.

Maple-syrup pie

Pastry for a two-crust pie;
Juice and grated rind of one lemon;
1 cup maple syrup;
½ cup sugar;
1 egg;
2 tablespoons flour;
½ teaspoon salt.

Preheat your oven to 350 degrees, then line an eight- or nine-inch pie plate with pastry (use your own favorite pie-crust recipe) and reserve half the dough. Grate the lemon rind into a mixing bowl, then squeeze the juice of what's left onto the shavings. Now add the rest of the filling ingredients, mix them well, and pour it all into the bottom crust. Cover it with the top crust and make a few decorative slashes in the surface, through which excess steam can escape as the pie cooks. Seal the edges of the crusts well and bake the whole thing for 50 minutes. Cool it before you serve it.

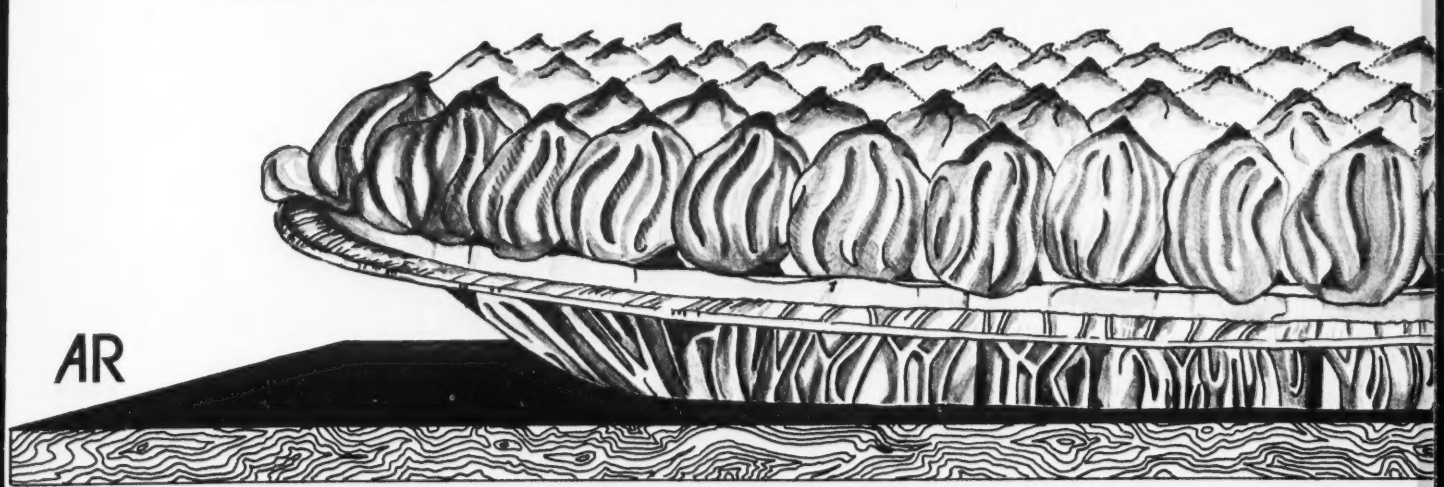
When this pie is opened, you'll find that the filling is remarkably firm, and while the ingredients make this pie sound frighteningly sweet, the lemon is enough to cut that down to a reasonable level.

* * *

Four famous men on pie

Throughout American history, pie has enjoyed rave reviews from all quarters, including the upper crust. **Thomas Edison**, inventor of the kilowatt hour, effectively credited the food with some part of his success when he quipped, "The English are not an inventive people; they don't eat enough pie."

Nineteenth-century theologian and abolitionist **Henry Ward Beecher** went on at length on the subject of when to eat an apple pie: "while it is yet florescent, white or creamy yellow, with the merest drip of candied juice along the edges (as if the flavor were so good to itself that its own lips watered), of a mild yet modest warmth, the sugar suggesting jelly, yet not jellied, the morsels of apple neither dissolved nor yet in original substance, but hanging as it were in a



eyed to apples, to crust

trance between the spirit and the flesh of applehood." We warned you about the theology.

A homesick **Mark Twain** on an extended trip to England confessed, "Last night I dreamed of buying a mush-apple pie — hot."

And finally, **Ralph Waldo Emerson** himself, when asked by some devotee if he ate pie for breakfast, responded, "Why, what is pie for?" It was for remarks like this that they called him the Sage of Concord.

Pies with strange or disgusting names

Shoofly pie: a Pennsylvania Dutch dessert filled with molasses and bread crumbs, so named because its cloying sweetness attracted flies in plague proportions.

Funeral pie: an ancient pie made of innocent custard flecked with raisins. Traditionally served at post-burial gatherings.

Transparent pie: the pie for hard times. With ingredients of vinegar and spices, this became the perfect thing to round off a meal when no fresh fruit was available.

Grasshopper pie: a cream pie flavored with mint, this takes its name from its color and the cocktail of the same ilk.

Star-gazy pie: a now near-defunct English invention, this is a large two-crust pie filled with whole fish. Slits were made in the top crust through which cooks arranged the fish so they were staring heavenward.

Black-bottom pie: a layered chocolate-cream pie with the darkest ("black") layer of filling on the bottom.

Pie as a practical joke

The *Dictionary of Buckish Slang, University Wit, and Pickpocket Eloquence* (1811) offers the following definition:

Apple-pie bed: a bed made apple-pye (*sic*) fashion, like what is called a turnover apple pie (*sic*), where the sheets are so doubled as to prevent any one from getting his length between them: a common trick played by frolicsome country lasses on their sweethearts, male relations, or visitors.

World's most famous pie plate

The original Frisbee was a pie tin from the Frisbee Baking Company of Bridgeport, Connecticut. It cost a nickel for the deposit. The company went out of business in 1957.

An old joke about pie

Lum: What did you learn in school, Jethro?

Jethro: Pi r squared.

Lum: No, dummy. Pie are round; cornbread are square.

Pies and royalty

Remarkably, information about the kinds of pie most favored by European monarchs has survived the edit of history. George III loved cherry, Peter the Great was partial to carrot, Anne Boleyn went for orange, Elizabeth I preferred quince, Prussia's Frederick the Great cared most for eel, Edward I picked herring, and Henry VIII, we're told, waxed rapt over sweet-potato pie (one assumes the ingredients were imported).

Holy Roman Emperor Charles V, as far as we know, never actually announced his favorite, but we do know that his death was precipitated by his eating too many eel pies, which gives us a strong clue.

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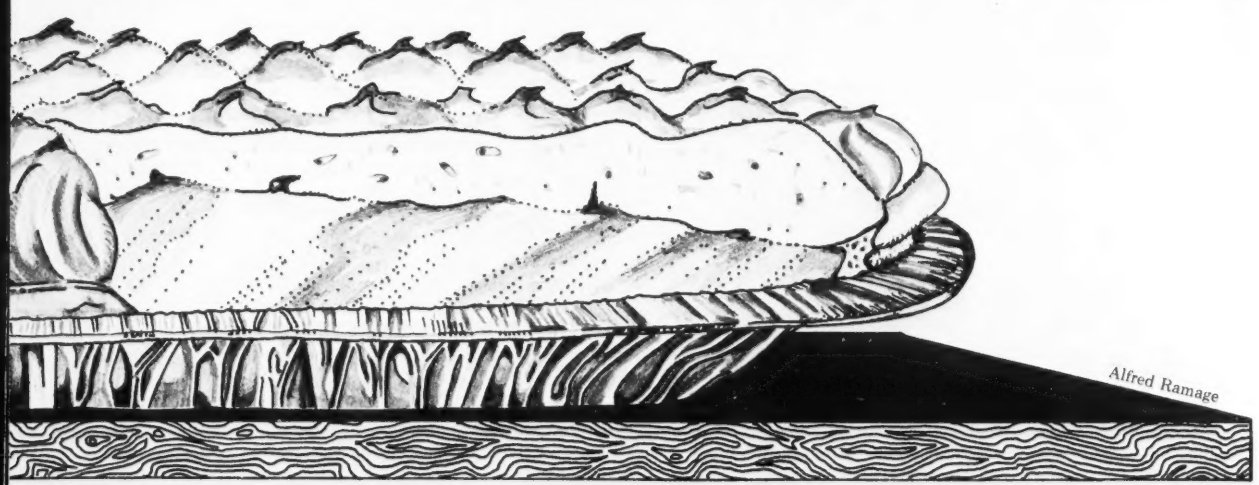

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Continued from page 19

Pie as Muzak

In 1454, the Duke of Burgundy gave a big party, which he called the Feast of the Pheasant. To complete the occasion, he hired 28 musicians to play for his guests from inside a giant pie. The party was actually a ploy on the duke's part meant to spark the final Crusade. Surprisingly, it didn't, although some of the band may have enlisted.

Illegal pie

Back in 17th-century England, Christmas mince pies were baked in the shape of a manger, with a figure of Christ made of dough laid on top. During the Commonwealth, the Puritans denounced this as "idolatrie in the crust" and legislated against the practice.

Pie as metaphor

Four people you may think were named after pie but weren't are the Pied Piper, Pie Traynor, Piers Plowman, and Pope Pius XII. But pie has not been neglected by idiom. To name a few: easy as pie, apple-pie order, pie in the sky, as American as apple pie, pie-eyed drunk, finger in the pie, and, of course, eat humble pie.

The most valuable thing ever put into a pie crust

Henry VIII spent much of the crown's time confiscating monasteries and the valuable land surrounding them. One church official in Glastonbury thought it droll to bake a dozen deeds to Church land into a pie and present it to the king. With luck, he figured, Henry would be so amused by the gesture that he might keep his Tudor paws off the rest of Glastonbury. This pie was sent to London with a servant, Thomas Horner, who at some point in transit "stuck in his thumb and pulled out a plum" (one of the deeds) for himself. Horner became rich from his purloined real estate, but as his crime went down in history, alas, history got his name wrong.

A cute rhyme about pie

Eugene Field, a 19th-century American homilist elevated to the status of minor doggerel poet with the publication of his classic "Wynken, Blynken, and Nod," once penned this testimony to blind faith and basic values centered on his own unimaginative choice for best pie:

No matter what conditions
Dyspeptic come to feaze,
The best of all physicians
Is apple pie and cheese!
And I, when I undress me
Each night upon my knees,
Will ask the Lord to bless me
With apple pie and cheese.

□

EXTRA **The Front Page** EXTRA
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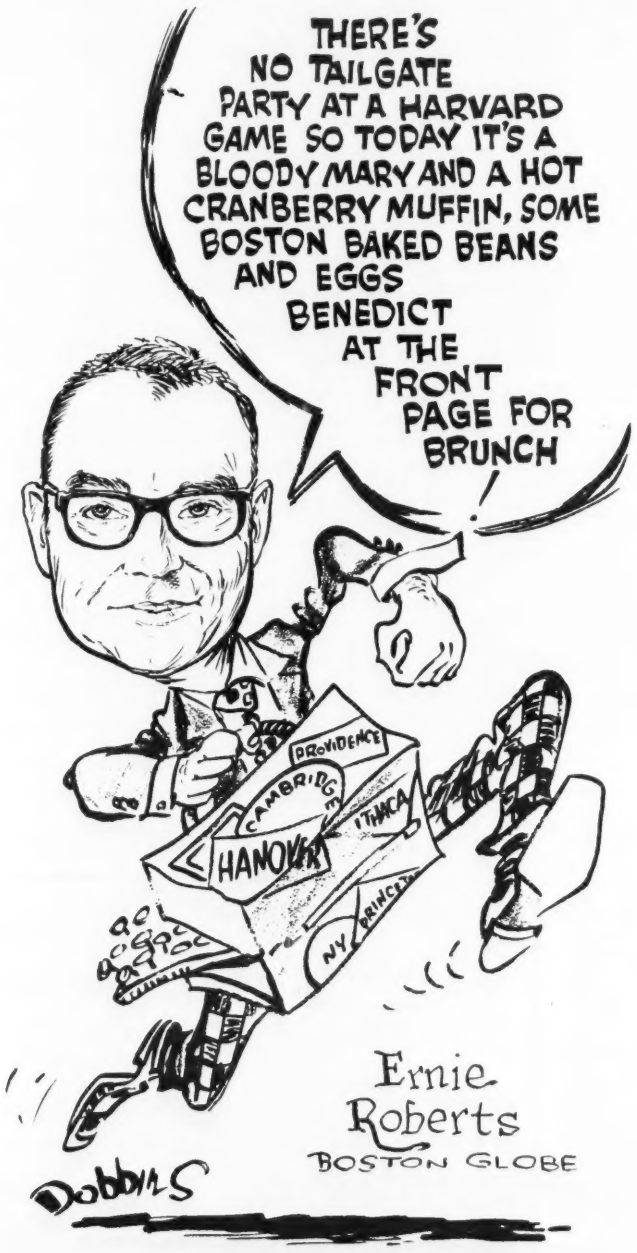
THERE'S NO TAILGATE PARTY AT A HARVARD GAME SO TODAY IT'S A BLOODY MARY AND A HOT CRANBERRY MUFFIN, SOME BOSTON BAKED BEANS AND EGGS BENEDICT AT THE FRONT PAGE FOR BRUNCH
PROVIDENCE
CAMBRIDGE
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Ernie Roberts
BOSTON GLOBE
Dobbins

Gumbo

Continued from page 5

To serve gumbo, ladle it over mounds of rice in large, shallow soup bowls. Traditionally, if you don't use okra in your recipe, you're to sprinkle each serving with a quarter-teaspoonful of *file* powder. This makes up for the lost thickening property of the okra, but turns the gumbo dark and introduces a stringy — some would say slimy — consistency. If these properties interfere drastically with your appetite, you don't have to use okra or *file* at all. The result will be a less gelatinous gumbo. What follows are three gumbo recipes ideally suited to bring the flavor of Mardi Gras to New England.

A classic Creole gumbo

Serves 12

In the traditional Creole and Cajun styles, this gumbo is thickened with sliced okra and flavored with a ham hock, bacon, and diced ham. In addition to the shrimp and crab that usually go into a gumbo, this one contains scallops, since they are fished near here. All the ingredients except the seafood can be simmered for a good long time and kept overnight. Just before you serve it, bring the gumbo to a boil and cook all the fish for a minute or two.

1 pound unshelled uncooked shrimp;
3 quarts water;
2/3 cup oil;
1 medium onion, coarsely chopped;
2 bunches spring onions (scallions), trimmed and sliced;
2 stalks celery, trimmed and chopped;
2/3 cup all-purpose flour;
2 10-ounce packages frozen sliced okra or 1½ pounds fresh okra, trimmed and sliced;
3 green peppers, cored and cut into 1/2-inch dice;
1 35-ounce can whole tomatoes, crushed in a bowl;
2/3 pound ham baked or boiled in one piece, cut into 1/2-inch dice;
1 ham hock;
1 teaspoon salt, or to taste;
1½ teaspoons cayenne pepper;
1 teaspoon dried thyme;
2 bay leaves, crushed with the fingertips;
3 cloves of garlic, crushed;
2 tablespoons Worcestershire sauce;
1/2 pound slab bacon, rind removed;
3/4 pound (2 6-ounce packages) frozen crab meat, defrosted;
1½ pounds bay scallops.

Shell the shrimp, piling the shells into a large saucepan and the shrimp into a small bowl. Cover the shrimp and refrigerate them until just before serving. Add the water to the saucepan and bring it and the shells to the boil. Lower the heat, simmer this for 30 minutes, then set it aside.

Heat the oil in a large casserole, and when it's hot, add the onion, spring onions, and celery and cook everything over a low heat for 10 minutes. Sprinkle in the flour and cook this mixture over a medium heat for 20 minutes, or until the roux is golden brown. The mixture will stick to the bottom of the pan as it cooks, so keep your eye on it and stir it occasionally. Take the casserole from the heat and add a ladleful of strained shrimp-shell water, stirring the roux constantly. Gradually add the rest of the shrimp-shell water.

Return the casserole to the heat and bring the mixture to the boil, stirring it to prevent lumping. Add the okra, green pepper, tomatoes, diced ham, ham hock, salt, cayenne pepper, thyme, crushed bay leaves, garlic, and Worcestershire sauce, and return it all to boiling. Lower the heat and allow the mixture to simmer. Dice the bacon, cook it in a small skillet until it is golden brown, drain it on paper towels, and add it to the casserole. Then half-cover the casserole and let the gumbo simmer for one-and-a-half hours,

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stirring occasionally.

Taste the gumbo for seasoning, add more salt or cayenne if necessary, and remove the ham hock. Let it cool, then shred the meat and return it to the gumbo. Set aside the dish until serving.

Just before serving: bring the gumbo to the boil, add the shrimp, crab meat, and scallops, and simmer everything for one minute, or until the shrimps are firm and cooked. Serve the gumbo at once over boiled rice.

Chicken-and-sausage gumbo
Serves eight

Though authentic, this is not as tomato-y as one would expect a gumbo to be. Because of the large shreds of chicken, it is also thicker and heartier, so serve it beside rather than over rice.

4 to 4½ pounds of chicken breasts and thighs;
2 quarts cold water;
6 medium garlic sausages;
3/4 cup (1½ sticks) butter;
2 medium onions, coarsely chopped;
6 stalks celery, trimmed and chopped;
2/3 cup all-purpose flour;
1 hot green pepper, cored and finely chopped;
3 cloves of garlic, crushed;
1/2 pound ham baked or boiled in one piece, cut into 1/2-inch dice;
1-pound can of whole tomatoes, crushed in a bowl;
1 teaspoon cayenne pepper;
2 tablespoons Worcestershire sauce;
1 teaspoon salt, or to taste.

Put the chicken parts and water in a stock pot and bring them slowly to the boil. Scum the liquid, and allow it to simmer, covered, for 30 minutes. Transfer the chicken from the pot to a large bowl to cool. Set the cooking broth aside.

Meanwhile, prick each sausage several times and cook them all in a skillet over a gentle heat until they are golden brown. Drain the sausages on paper towels until they're cool enough to handle, then cut each into four pieces.

Melt the butter in a large casserole and cook the onions and celery for 10 minutes over a medium heat. Stir in the flour and continue cooking, stirring occasionally to prevent sticking, for 20 minutes or until this roux is golden brown. Add the chicken broth a ladleful at a time, stirring constantly to prevent lumping.

Bring this mixture to a boil, stirring, then add the green pepper, garlic, diced ham, tomatoes, cayenne pepper, Worcestershire sauce, salt and sausages. Return to boiling, then half-cover the casserole and lower the heat. Simmer gently, stirring occasionally, for one-and-a-half hours.

Meanwhile, remove the skin from the chicken and shred the meat as you pull it off the bones. Add the chicken to the gumbo, taste for seasoning, add more salt or cayenne if necessary, and continue cooking for 20 minutes.

Serve beside boiled rice.

Continued on page 25

Rice tips

To cook rice so that each grain is separate: put a lemon half and a teaspoon of salt in a large kettle of water (about six quarts if you're serving eight) and bring this to a boil. Sprinkle in one-quarter to one-third cup of rice per person and stir it with a wooden spoon until the water comes to the boil. Boil steadily for 12 minutes or until the rice is just tender, then drain it into a colander. With the end of the spoon, poke half-a-dozen holes in the rice and allow it to drain for a couple minutes. Remove the lemon half and pile the rice into a bowl for serving.

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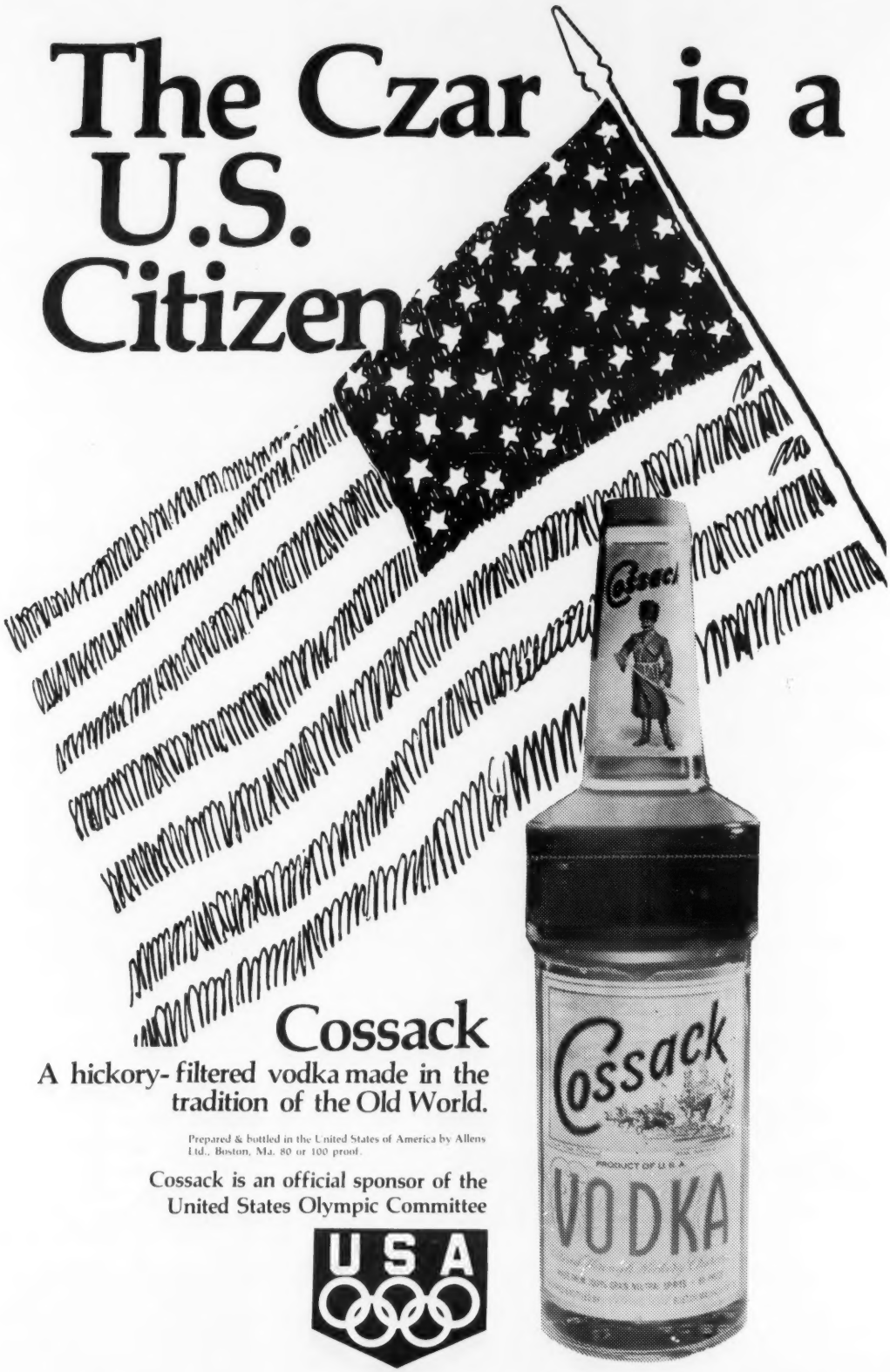

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USA

Continued from page 23

Dwayne Wang's meatless seafood gumbo

Serves eight

This recipe was developed by a vegetarian cook who dislikes both okra and *file*. The trick to giving the gumbo some flavor is to do what the Cajun and black cooks did — cook the shrimp shells in the crab water to make a seafood broth. An easier method is to boil just the shrimp shells and then add some bottled clam juice to make the broth.

1/2 cup olive oil;
4 spring onions (scallions), trimmed and sliced;
2 large onions, coarsely chopped;
1 large leek, split, thoroughly washed, and trimmed;
2 large tomatoes, cored;
1/4 teaspoon crushed dried red pepper;
2 cloves of garlic, crushed;
Small bunch of fresh parsley, chopped;
2 red or green bell peppers;
Salt and freshly ground black pepper, to taste;
1/2 teaspoon dried thyme;
2 bay leaves, crushed with the fingertips;
Dash of hot sauce;
1½ pounds unshelled uncooked shrimp;
1½ quarts water;
2 cups bottled clam juice;
1/3 cup all-purpose flour;
1/4 cup tomato paste;
Juice of 1/2 lemon;
4 precooked crabs or 1 pound frozen king-crab legs, thawed.

Heat *half* the olive oil in a large casserole and add the spring onions and the regular onions. Cook over a low heat. Then slice the leek and add it to the cooking onions.

Coarsely chop the tomatoes and pile them in a blender or food processor. Work them at low speed until they are just chopped. Add the tomatoes and the crushed red pepper to the casserole, and continue cooking over a low heat, stirring occasionally, for 15 minutes.

Add the garlic, parsley, bell peppers, salt and pepper, thyme, bay leaves, and hot sauce. Cook it all gently, stirring occasionally, for another 10 minutes. Set the mixture aside.

Meanwhile, shell the shrimp and pile the shells in a saucepan. Add the water, bring it to the boil, and simmer it gently for 30 minutes. Strain the liquid into the casserole, add the clam juice, bring everything to the boil, then simmer it gently, uncovered, while you prepare the roux.

To make the roux, heat the remaining quarter-cup of oil in a skillet, and when it is very hot, add the shrimp and fry them over a high heat for about one minute or until they turn bright pink. Remove the shrimp to a plate and set it aside.

Sprinkle the flour into the skillet and lower the heat. Cook the roux, stirring constantly, until it is golden brown. Add several ladlefuls of the cooking gumbo, stirring it to prevent lumping. Then stir the roux into the simmering gumbo until it is completely blended. Next, stir in the tomato paste and lemon juice. Continue cooking the gumbo for two hours, stirring it from time to time.

Refrigerate the shrimp until you're ready to serve the gumbo. If you use whole crabs, remove the shell and pick out the meat; detach the claws and legs. If you use king-crab legs, cut them at two-inch intervals with a kitchen shears. Refrigerate until serving.

When the gumbo has finished simmering (you may leave it for as long as three hours), add the shrimp and crab meat along with the claws and legs. Return the gumbo to boiling.

Cook it for half a minute, just to reheat the seafood, then ladle it over hot rice and serve with crusty bread. □

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• Ravioli and meat sauce
• Roast chicken, mushroom sauce
• Barbecue spareribs
• Subgum fried rice
• Beef stew
• Soup
• Lobster Bisque
Thursday
• Corned beef and cabbage with potatoes and carrots
• Roast pork with duck sauce
• Beef a la deutch
• Lamb stew
• Soup • Lobster Bisque
Friday
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• Lobster Bisque • Lamb stew
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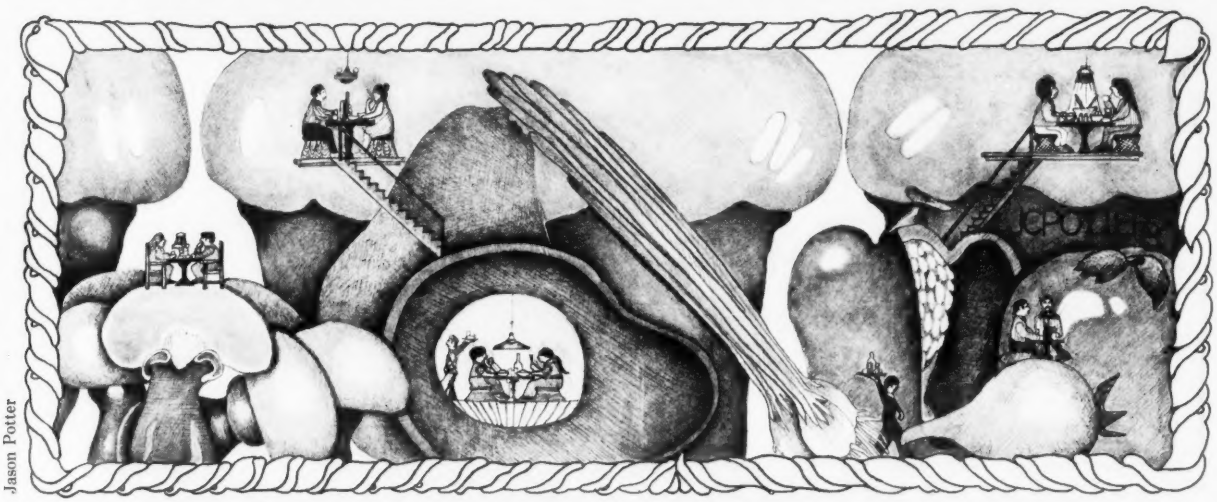


Jason Potter

a guide to dining out naturally

by Mimsi Dorwart

Certainly each of us has fallen at least once upon desperate times, when feelings of extreme want preside over all grace and pride and civilized behavior. In my experience, it happens often at mealtimes.

I have dined in with an eight-year-old who served me Spaghettios, Fanta grape, and Oreos; I have been on a 747, holding over Atlanta, with a reheated Stouffer's sirloin patty before me; I have been stranded among vending machines stocked only with chopped ham and pickle on white, and caramel-creme pudding. Desperate times.

Under such circumstances, anyone with any fortitude whatsoever chooses to starve. The rest of us, however, scarf the stuff down, wait for the additives to kick in, and hope sometime to regain sentience. Remember: this may all be excused as the act of a desperado; no one will hold it against you.

You will sustain such an ordeal, of course. But great offense will have been done to your self-esteem and to your ordinarily cheerful stomach. A little appeasement is called for, here; you should look around for something *nice* to eat. And that's where "health-food" restaurants come in. Boston has a handful of them, and the virtue in dining at one cannot possibly escape you. What's more, you may like it, for these places are not at all what they used to be: it's not just roots and sprouts, "hips and haws" anymore; it's "clean" food, organic, seasonally fresh, carefully prepared, and thoughtfully combined. Some kitchens adhere to the principles of macrobiotics; others are ovo-lacto-vegetarian; all encourage you to select and combine dishes as you will. Do your mom proud: eat your mung beans.

Seventh Inn, 288 Boylston Street, Boston, 261-3965. Open from noon to 9 p.m. Monday through Thursday, and from noon to 9:30 p.m. on Friday and Saturday. Closed on Sunday. Visa and Master Charge accepted. Beer-and-wine license. Seats 125. No takeout.

The Seventh Inn, Boston's largest natural-foods restaurant, offers Michio Kushi's idea of good macrobiotic eating. Even the most finicky believers may compile a successful meal from among the soups, grains, beans, vegetables, sauces, and sea vegetables (no meat, of course, and no eggs, no sugar, etc.). The produce is organically grown and served fresh; the fish is brought in daily by the restaurant's own buyer. If you make the effort, you can get your yin and yang to fall right into balance. But don't worry about it;

you can come here just to eat, too, and the fish-and-vegetable tempura is great.

Sanae, 272a Newbury Street, Boston, 247-2475. Open from 11 a.m. to 9 p.m. Monday through Saturday. Closed on Sunday. No credit cards accepted. No beer-and-wine license. Seats 54. Takeout food available.

This is the Seventh Inn's corporate cousin, and the guiding principle, again, is macrobiotic. Here, too, the menu is broad and interesting. The kitchen area at Sanae is open to view so that you cannot fail to be impressed by the very labor-intensive process by which your meal is cleaned, cut, chopped, etc.

Golden Temple Conscious Cookery, 95 Winthrop Street, Cambridge, 354-0365. Open from 11 a.m. to 10 p.m. Monday through Friday, from 9 a.m. to 10 p.m. on Saturday, and from 9 a.m. to 9 p.m. on Sunday. No credit cards accepted. No wine-and-beer license. Seats 48. Takeout food available.

The staff at Golden Temple call themselves Sikhs and dress the part. What's more, they'll tell you, their slogan is "Healthy, happy, holy." Never mind; you're only into this for the food. The cuisine here is "international vegetarian" (no meat, fish, chicken, or eggs), with an emphasis on Mexican dishes. Worth mentioning are the restaurant's enthusiastic use of cheeses and other dairy products and its enormous success with desserts. Try the ice cream (okay, it's goats' milk and honey) and the Mocha Magic milk shake.

(The Golden Temple at 30 Massachusetts Avenue in Boston has closed.)

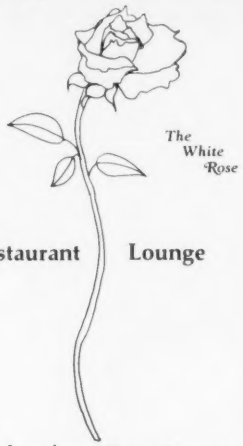
L'Odeon, 166 Harvard Avenue, Allston, 254-2634. Open from noon to 3 p.m. and from 5 to 10 p.m. Tuesday through Saturday, and from 5 to 10 p.m. on Sunday. Closed on Monday. No credit cards accepted. No wine-and-beer license. Seats 45. Takeout food available.

L'Odeon is loosening up nicely. While macrobiotics is still a working concept in its kitchen, the menu has been expanded this winter to include daily Spanish specialties. And the buckwheat noodles are still real good.

Last Chance Cafe, 25 Central Square, Cambridge, 547-8551. Open from 11 a.m. to 9 p.m. Monday through Saturday. Closed on Sunday. No credit cards. No beer-and-wine license. Seats 15. Takeout food available.

This tiny cafe, wedged into Central Square, has a decent menu of fish and vegetable dishes. If you're just looking for something to take out, get a half-dozen slices of the chocolate cake, pick up a quart of milk at Purity Supreme, and sneak on home. □

La Rosa Bianca



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ONE ENCHANTED EVENING at Hermitage

by John David Ober

If you haven't been to Hermitage recently, you are in for a visual treat to equal the establishment's outstanding Russian cuisine. Owners Rafel Pons and Leo Romero (of Casa Romero) recently faced a dilemma: how to go about softening the rather austere atmosphere of the upper-level dining room in a manner that was appropriate to the restaurant's Russian motif as well as to the design and purposes of the Institute of Contemporary Art, where Hermitage is housed.

Artists Lee Newton, who recently exhibited at the Nielsen Gallery on Newbury Street, and Robert Riley, of the ICA, brilliantly solved the problem by designing and installing suspended canvas shields that hang between the extremely high ceiling and the dining room. One shield is like a portion of a tent, and along with decorative pennants and a rope trapeze, it evokes the atmosphere of a Russian circus. The other piece of canvas is reminiscent of the huge awnings outside European cafes. New lighting has also been divised, and the total effect is a stunning success. Hermitage is one restaurant where the advertising saw "unique food in a unique environment" is more accurate description than fluff.

With Romero primarily concerned these days with his other restaurant, responsibility for the daily operations of Hermitage falls to Rafael Pons and the young chef, Kenneth Fornataro. Pons was born in Cuba but left in 1959, when the revolution began. He lived in Mexico before coming to Boston in 1968 to attend Babson College, from which he received a master's degree in business administration.

"I met Leo (Romero) in Boston," Pons says. "He started out with the original Casa Mexico, in Cambridge. We planned to open a Russian restaurant — to be called the Petersburg — in the cellar where Charley's is now, on Newbury Street. When that became impossible, we opened Hermitage, in 1975."

That both Romero and Pons are men of many talents will come as no surprise to those who have followed the changing restaurant scene in the Back Bay during the past decade. As if the restaurant business weren't challenge enough, both Romero and Pons pursue teaching careers: the former in the Spanish department at Tufts, the latter in remedial English in the Boston public-school system.

In the kitchen, Pons and chef Fornataro are proteges of Romero. Fornataro is an American of French and Italian descent who studied languages for a time at Brown University. "For

Eric Roth

Wines and Liquors	Menu
Frozen Stolichnaya vodka, 80 proof, glass	Assorted hors d'oeuvres
	Essence-of-mushroom soup *or* White-bean soup with horseradish
Champagne Deutz N.V. (brut) ½ bottle	Mousse of gray sole, champagne sauce
	Cranberry-and-lemon ice
Cabernet Sauvignon Sterling Vineyards, 1975 ½ bottle	Scallops of lamb, coriander-and-cream sauce Vegetable garnish
	Strawberry-and-kiwi tart
Cognac Briand-Eminence glass	Coffee

me, academic life was too confining," he says. "My creativity was nil, and I found it frustrating. Cooking represents a more realistic achievement, with tangible results that can be appreciated by a lot more people than an article I might write that would wind up sitting on some dusty shelf." According to Fornataro, *all* cooking requires immediate, personal involvement and what he calls "interpretive vision."

Romero himself could hardly have put it better, and our enchanted evening at Hermitage demonstrated this philosphy of the kitchen in practice. Just as much of the art displayed in the ICA galleries is anything but an effort to mirror the world naturalistically, so the cooking at Hermitage is anything but an attempt slavishly to reincarnate the dead hand of imperial Russian food. In fact, the style of the preparation at the restaurant is very much in the contemporary vein — light and imaginative, with crisp vegetables and sauces made by reduction. Russian themes course playfully through the menu like a musical leitmotif.

Not too many years ago the US began importing vodka from the USSR and the Russians imported cola from us. Our glasses of icy Stolichnaya at Hermitage proved that we certainly got the better of them in that exchange. The vodka was poured at the table from a bottle that had been kept in the freezer, where it belongs.

To accompany the vodka, Dana (our attentive and efficient waiter) served the hors d'oeuvres. Each of us received four discs of melba toast, each with a different topping: eggs *a la russe* (a slice of hard-boiled egg with sauce *remoulade* and a sprinkling of red salmon caviar); liver mousse; diced beets with tarragon vinegar; and *baklazhannaia ikra* (made with eggplant and known as the poor-man's caviar). The opening course presented a delicious variety of tastes and textures.

You may request in advance either the essence-of-mushroom soup or the white bean with horseradish. We had the latter, a satisfying puree of dried legumes, perfectly seasoned and, we learned from Dana, made with a rich goose stock. The horseradish added zing, but not sting. The soup was unlike any other we have tasted, and we recommend it highly, especially as a cold-weather dish.

Pons deftly opened and poured our half-bottle of champagne — the splendid non-vintage brut from Deutz — and opened the Cabernet Sauvignon to give this young red wine time to breathe while we consumed the mousse of gray sole in champagne sauce, perhaps the high point of a meal filled with delights. The mousse was rich in flavor and as light as the finest *quenelle*. The sauce was made in the best *nouvelle* manner; perfectly balanced in flavor, it enhanced the taste of the mousse without masking its subtleties. Fresh dill appeared both as a seasoning amid the sole and as a garnish on the plate. According to an old adage, "Champagne goes with everything." Maybe so; but for the fish mousse at Hermitage, champagne was an incomparable companion.

It is indicative of the care and planning at Hermitage that an interlude to cleanse the palate came between the fish and the meat courses. A small scoop of cranberry-and-lemon ice, or *sorbet*, was served tucked into half a lemon from which the pulp and membranes had been removed. This tasted delicious and served the intended purpose because it was not too sweet.

Our main course was inventive and demonstrated attention to providing not only a wide range of complementary tastes but also a plate with maximum eye appeal. Each white, rectangular platter contained six thin medallions, or scallops, of lamb that had been quickly sauteed on both sides and arranged diagonally. It was an ingenious way to prepare the large winter lamb that is now in season. The scallops were tender with faintly pink centers, and they were napped with a sauce of rare flavor achieved by the reduction of cream and wine with shallots and fresh coriander; that powerful herb had not been used to excess.

Nestled on one side of the overlapping circles of lamb were flowerets of crisp broccoli; on the other side was diced, sauteed celeriac (celery root). A cherry tomato contributed an appealing dot of red.

After a brief respite, Dana served the dessert. This consisted of individual tarts made from an especially tasty, flaky *pate brisee* and filled with *creme patissiere* that had a light consistency halfway between a thin *creme anglaise* and a *creme* rendered stiff with flour. We appreciated the deviation from the classic, heavy version. The tart was topped with fresh glazed strawberries and thin slices of pear and kiwi fruit.

Both the regular coffee and the espresso were freshly brewed, full-bodied, and winy. They were just robust enough to stand up to the rich and fragrant cognac, one of Briand's best. We found the combination of coffee and cognac enchanting on a wintry eve.

Owing to its association with the ICA, Hermitage is able to offer several

Continued on page 30

Continued from page 29

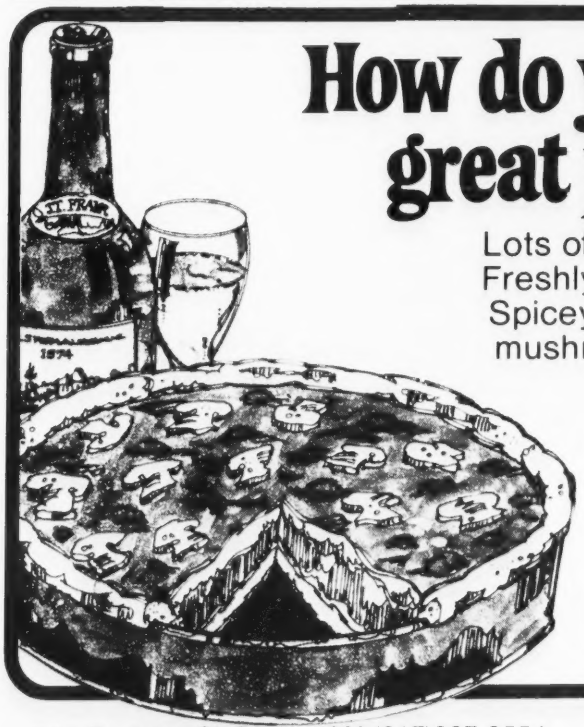
extra enticements if you book your enchanted evening either for a Wednesday or sufficiently in advance for other days. On Wednesday, the galleries are open until 9 p.m., and so you may satisfy (or pique) both the gustatory and the visual senses in a single evening if you settle for an early dinner. If you make your reservation far enough in advance, you may also request tickets to the show at the Next Move Theater; Rafael Pons has arranged to obtain the best seats in the house for his patrons. (Ticket prices are *not* included in the cost of the meal.) Where else can you find a restaurateur who offers you not only a delectable meal but also the service of a hotel *concierge*?

Hermitage: 955 Boylston Street at the Institute of Contemporary Art, Boston; 267-3652 or 247-8029; open for lunch from noon to 2:30 p.m. Tuesday through Saturday; for brunch from noon to 2:30 p.m. on Sunday, for dinner from 6 p.m. to 10 p.m. Tuesday through Thursday, to 11 p.m. Friday and Saturday, and to 9 p.m. on Sunday; closed Monday; full liquor license; American Express, Master Charge, and Visa accepted; the restaurant is on two levels, and the upper one is down about eight steps from the foyer.

Eric Roth

* * *

This is another in a regular series of Savor *articles that feature meals prepared by accomplished local chefs. The general policy behind these enchanted evenings is as follows: unless otherwise noted the* prix fixe *of these dinners for two — including spirits and wines, tax and tip — is $75. For the menus, the chef has been asked to prepare his or her specialties — dishes that do not ordinarily appear on the menu. These meals are available to the public, but you should give at least two weeks' notice and, if possible, avoid Friday and Saturday nights in order to enjoy the kitchen's best effort and the waiting staff's full attention. Most restaurants reserve the right to make some substitutions of comparable price and quality as a result of seasonal changes in the market and the availability of specific wines and ingredients.* □



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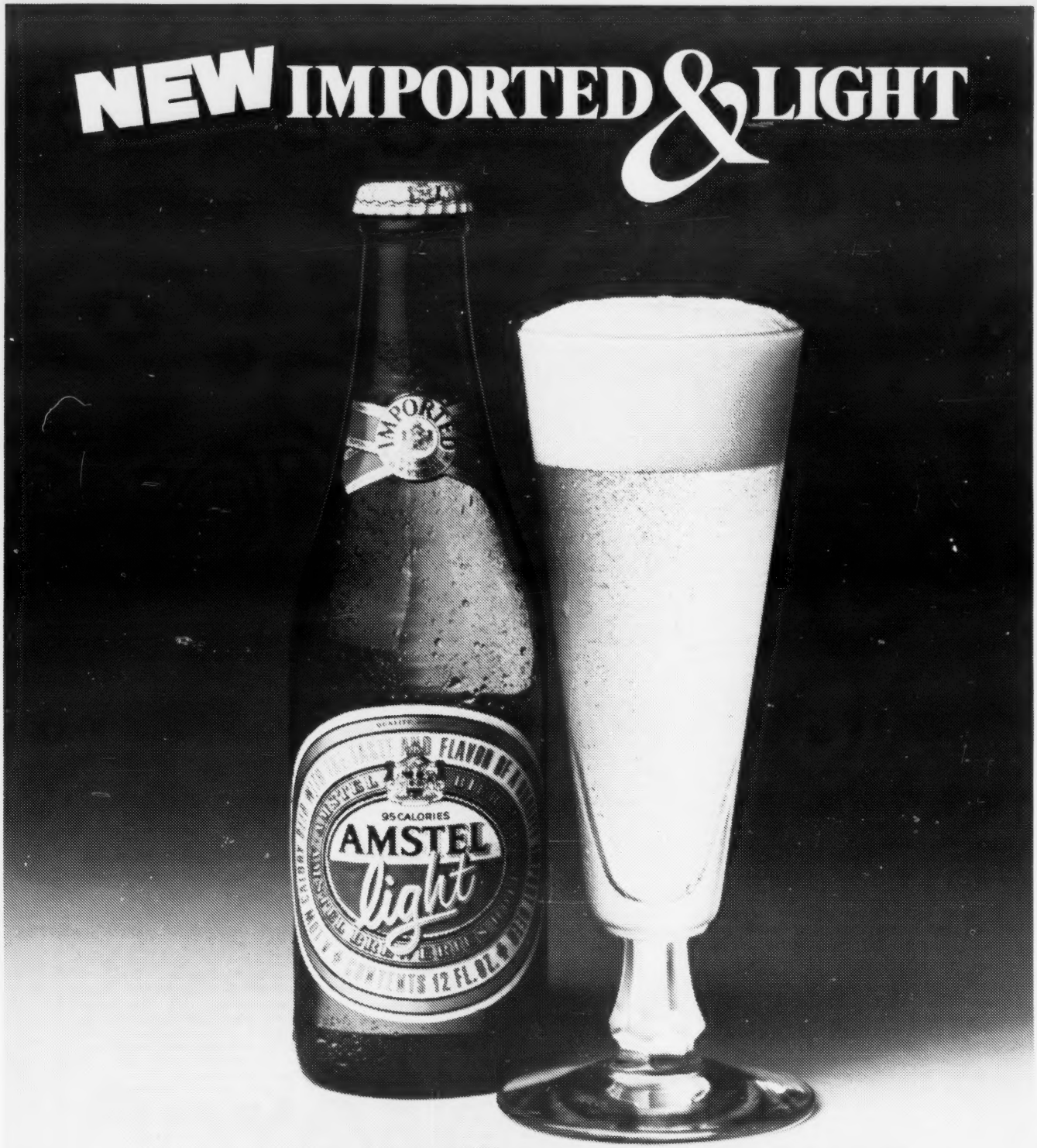

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BOSTON

Aku-Aku, 390 Commonwealth Ave., 536-0420. Open seven days from 5 p.m. to 3 a.m.. Lounge open from 4 p.m. to 2 a.m. Range: under $6. Reservations. Parking. AE, DC, MC. Chinese, Polynesian.

Benihana of Tokyo, 201 Stuart St., 542-1166. Open Mon. through Fri. noon to 2:30 p.m. and from 5:30 to 10:30 p.m. Open Fri. and Sat. to 11 p.m. and on Sun. from 4:30 to 9:30 p.m. Fully licensed. Range: $6 to $10. Reservations accepted. Free parking. Accessible to wheelchairs. AE, CB, DC, MC, Visa. Japanese.

Brandy Pete's, 82 Broad St., 482-4165. Open Mon. through Fri. from 11:30 a.m. to 9 p.m. Bar open to 10 p.m., 11 p.m. on Fri. Fully licensed. Range: $6 to $10. No reservations. Free parking. Accessible to wheelchairs. American.

Cafe Amalfi, 8-10 Westland Ave., 536-6396. Open for lunch Fri. only 11:30 a.m. to 3 p.m.; for dinner Tues. through Sun. from 5 to 11 p.m. Fully licensed. Range: $6 to $10. Reservations reccommended. Accessible to wheelchairs. AE, MC, Visa. Italian.

Charley's Eating and Drinking Saloons, 344 Newbury St., 266-3000, and at the Chestnut Hill Mall (964-1200) and the South Shore Plaza, Braintree (848-0200). All restaurants open Mon. through Thurs. from 11:30 a.m. to midnight. Range: under $6. No reservations. Parking. Accessible to wheelchairs. AE, CB, DC, Visa. American.

Copley's, 128 St. James Ave., 267-5300. Open Mon. through Sat. from 11:30 a.m. to 2:30 p.m. and from 5:30 p.m. to midnight. Open Sun. from 11 a.m. to midnight. Fully licensed. Jazz duo nightly. Reservations accepted. Parking. Accessible to wheelchairs. AE, CB, DC, MC, Visa. Continental.

DuBarry, 115 Newbury St., 262-2445. Open Mon. through Fri. from 11:30 a.m. to 2:30 p.m. and from 5:30 to 9:30 p.m. Open Sat. and Sun. from 5:30 to 10 p.m. Range: $6 to $15. Fully licensed. Reservations accepted. AE, CB, DC, MC, Visa. French.

Front Street, 260 Berkeley St., 247-0011. Open Mon. through Sat. from 6 to 10 p.m. and Sun. from 11:30 a.m. to 3:30 p.m. Fully licensed. Range: over $10. Reservations accepted. AE, MC, Visa. International.

Gallaghers, 55 Congress St., 523-6080. Cafe (Truffles) open Mon. through Fri. from 11:30 a.m. to 4:30 p.m. and for supper from 4:30 to 10 p.m. on Mon. and Tues., until midnight Wed. through Fri. Open Sat. from 4:30 p.m. to midnight. Dining room open Mon through Fri. from 11:45 to midnight. Dining room open Mon. through Fri. from 11:45 a.m. to 3 p.m. and for dinner from 5:30 to 10 p.m. Open Sat. from 5:30 to 11 p.m. Fully licensed. Range: over $10. Piano 7:30 to 9:30 p.m. Reservations recommended. Valet parking. Accessible to wheelchairs. AE, CB, DC, MC, Visa. French.

Ground Round, in addition to those listed below, has restaurants in Danvers (777-0905), Framingham (879-2822), Peabody (535-9863), Natick (978-2881), and Cambridge (see Cambridge listings). If you're going to be in the neighborhood, call for more information.

— 800 Boylston St., 247-0500. Open Mon. through Sat. from 11:30 a.m. to 2 a.m. and Sun. from 1 p.m. to 2 a.m. Fully licensed. Range: under $6. Reservations for large groups. Parking. Accessible to wheelchairs. AE, BA, MA, Visa. American.

— 1120 Soldiers Field Road., Allston, 254-2896. Open seven days from 11:30 a.m. to 1 a.m. Fully licensed. Range: under $6. Live soft rock on Fri. and Sat. from 8:30 p.m. to 12:30 a.m. Reservations accepted weekdays for lunch only. Free parking. Accessible to wheelchairs. American.

— 381 Chestnut Hill Ave., Brighton, 731-0065. Open Mon. through Sat. from 11:30 a.m. to 1 a.m. and on Sun. from noon to 1 a.m. Fully licensed. Range: under $6. Live folk-rock Mon. through Fri. from 9 p.m. to 1 a.m. No reservations. Free parking. Accessible to wheelchairs. American.

Houlihan's, 60 State St., 367-6377. Open Mon. through Thurs. from 11:30 a.m. to 11 p.m., and Fri. and Sat. from 11 a.m. to midnight. Open Sun. from 11 a.m. to 4 p.m. Fully licensed. Range: over $10. Entertainment nightly — disco and dancing. Reservations accepted. Parking. Proper dress. Accessible to wheelchairs. AE, DC, MC, Visa. Eclectic.

Icarus, 540 Tremont St., South End 426-1790. Open Tues. through Sat. from 6 to 10:30 p.m. and on Sun. from noon to 3:30 p.m. Beer-and-wine license. Range: $6 to $10. Reservations accepted. Parking. Accessible to wheelchairs. MC, Visa. Continental.

Jason's, 131 Clarendon St., 262-9000. Open Mon. through Fri. and on Sun. from 11:30 a.m. to 3 p.m., and seven days from 5 p.m. to midnight. Fully licensed. Range: over $10. Piano bar Wed. through Sat. and disco dancing from 10 p.m. to 2 a.m. Reservations accepted. Parking. Jackets, no jeans. AE, DC, MC. Continental.

Jimbo's, 243 Northern Ave., 542-5600. Open Mon. through Thurs. from 11 a.m. to 9 p.m. and on Fri. and Sat. to 10 p.m. Closed Sundays. Fully licensed. Range: under $6. Reservations accepted. Free parking. Accessible to wheelchairs. Seafood.

The Last Hurrah, 60 School St., 227-8600. Open seven days from 11:30 a.m. to 4:30 p.m. and 5 p.m. to midnight. Fully licensed. Winiker Orchestra. Free parking. Accessible to wheelchairs. AE, CB, DC, MC, Visa. Seafood.

La Trattoria, 288 Cambridge St., 227-0211. Open seven days from 11 a.m. to midnight. No license. Range: $6 to $10. Reservations accepted. Accessible to wheelchairs. AE, CB, DC, MC, Visa. Northern Italian.

Legal Seafoods, Park Plaza, 426-4444. (For Chestnut Hill restaurant, see Brookline/Newton listings.) Open Mon. through Thurs. from 11 a.m. to 9:30 p.m., and on Fri. and Sat. to 10 p.m. Open Sun. from noon to 9:30 p.m. Fully licensed. Range: $6 to $10. No reservations. Proper dress. Accessible to wheelchairs. AE. Fresh seafood.

L'Odeon, 166 Harvard Ave., Allston, 254-2634. Open Tues. through Sat. from noon to 3 p.m. and Tues. through Sun. from 5 to 10 p.m. Range: under $6. No license. Reservations accepted. Macrobiotic.

The Lord Bunbury, North Market Building, Quincy Market, 227-7004. Open Mon. through Sat. from 11:30 a.m. to 3:30 p.m. and from noon to 3 p.m. on Sun. Open from 5:30 to 10 p.m. Mon. through Fri. and to 2 a.m. on Sat. Open to midnight on Sun. Fully licensed. Range: $6 to $10. Reservations accepted. Parking. Accessible to wheelchairs. AE, DC, MC, personal checks, Visa. English, Continental.

Maitre Jacques, 10 Emerson Place, 742-5480. Open Mon. through Sat. from noon to 3 p.m. and Mon. through Thurs. from 6 to 10 p.m. Open Fri. to 10:30 p.m. and Sat. to 1 a.m. Range: over $10. Fully licensed. Parking. Jacket and tie. Accessible to wheelchairs. Continental French.

Newbury's Steak House, 94 Mass. Ave., 536-0184. Open seven days from noon to midnight. Fully licensed. Range: $6 to $10. Accessible to wheelchairs. AE, DC, MC, Visa. American.

No Name, 15½ Fish Pier, 338-7539. Open Mon. through Thurs. from 11 a.m. to 9:30 p.m. and on Fri. and Sat. to 10 p.m. No license. Range: under $6. No reservations. Free parking. Seafood.

One McKinley Square, 177 State St., 723-3368. Open Sun. through Thurs. from 8 a.m. to 10 p.m., and on Fri. and Sat. from 9 a.m. to 2 a.m. Beer-and-wine license. Range: under $6. Live music. No reservations. Accessible to wheelchairs. AE, DC, MC, Visa. American.

Parker's, 60 School St., 227-8600. Open Mon. through Fri. from 11:30 a.m. to 2:30 p.m. and from 5:30 to 10 p.m. Open Sat. from 5:30 to 10:30 p.m. and on Sun. for two seatings of brunch, at 11:30 a.m. and 1:30 p.m., and from 5:30 to 9 p.m. Range: over $10. Fully licensed. Pianist. Reservations accepted. Valet parking. Jacket. Accessible to wheelchairs. AE, CB, DC, MC, Visa and house charge. Continental.

Pizzeria Uno, 731 Boylston St., 267-8554. Open seven days from 11 a.m. to 1 a.m. Fully licensed. Range: under $6. No reservations. Parking. Accessible to wheelchairs.

Scotch & Sirloin, 77 North Washington St., 723-3677. Open Mon. through Thurs. from 5:30 to 10:30 p.m., and Fri. and Sat. from 5:30 to 11:30 p.m. Fully licensed. Range: $6 to $10. Oldies and rock 'n' roll, jazz and swing band on Wed. through Sun. Reservations accepted. Valet parking. Accessible to wheelchairs. AE, MD, personal checks, Visa. Steaks and seafood.

Souper Salad offers soups and sandwiches at the following locations:

— 524 Commmonwealth Ave., 536-7662. Open Sun. through Thurs. from 11 a.m. to 10 p.m. and Fri. and Sat. from 11 a.m. to 11 p.m. Beer-and-wine license. Range: under $6. No reservations. Parking. Accessible to wheelchairs. MC, Visa.

— 128 High St., 426-6455. Open Mon. through Fri. from 7 a.m. to 3:30 p.m. Beer-and-wine license. Range: under $6. No reservations. Accessible to wheelchairs.

— 102 Water St., 523-8576. Open Mon. through Fri. from 7 a.m. to 3 p.m. Range: under $6. No license. No reservations. AE.

Venetian Gardens, 1269 Mass. Ave., Dorchester, 265-6646. Open seven days from

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THIS IS A WHISPER PERM.

"To Perm Or Not To Perm"

In years past the words "permanent wave" struck terror into the hearts of all fashion-conscious women. Horror stories were told of the women who walked into the beauty salon with healthy hair to have a little curl and body added, only to walk out looking like a human version of a scouring pad or an over-fluffy piece of cotton candy. There was no happy medium — hair was curly and frizzy all over or it was straight. Old-fashioned hairdressers used the antiquated method of wrapping the hair in straight lines across the top of the head and down the sides. The results were predictable. The hair was stuck in those straight design lines, leaving no chance to styling variations. Once the hair was permed, that was it. Either you liked the style or walked around with a hat on until it grew out.

Are things different today, or are you still taking your life in your hands risking a perm? Fortunately, there have been outstanding breakthroughs made in our industry. Perm solutions have been vastly improved, but more importantly, hairdesigners are learning exactly how to best apply **artistic ideas** along with the chemicals. **Design** is the key word in perm concepts today. The perm is in the mind of the hairdesigner, and it's the technique of wrapping it that makes the great difference. Perms should be used to add support, texture and volume to a hair design. For this reason, **perms are designed for the haircut**, that is, they are to be applied precisely where texture is desired, not randomly over the head.

Hairdesigners are professional artists who work to offer you the best in chemical control. You now have your hair permed with complete confidence that it will turn out the way you thought it would. Here are three new ideas of perming and what they can do for you . . .

The Whisper Perm — A "no perm" look. This **hidden perm** adds fluffy fullness to limp hair. The hair to be permed is carefully selected. This allows the hair to be permed only in the specific areas desired. The permed hair is intermingled with the unpermed hair, resulting in a natural-looking fullness. Hair that has been Whisper Permed can be worn curly or straight and full. This technique is the answer to all women who are bored with their flat, straight, unbecoming hairstyles.

The Fringe Perm — This technique is appropriately named, as only the perimeter areas are permed. Designed for the woman who is tired of the dull, flat, straight look, the Fringe Perm adds supportive body to the perimeter areas exclusively, following the natural direction of the hairdesign. It's a handy **wash and wear service** that adds that special touch of body that Mother Nature forgot.

The Design Perm — Not only have perm techniques changed; look around and notice the new looks. If you're bored of the cute wedge cut or the once-daring geometric cut, and want to look excitingly feminine again, the Design Perm is for you! This innovative perm technique interjects lasting form into the silhouette of the hairdesign, creating an **explosion of curls, waves, body and texture**. Different areas of the head are permed, depending on the design. Some of the root area is permed for support, while in another section only the ends of the hair are treated for a curly, whispy look.

These are only three of the new ideas of hair fashion making waves today. Call for an appointment with a member of our progressively educated staff to discuss these and other new and exciting beauty ideas. We know how to make it happen!

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- Chef Don, formerly of The Colonade & Statler Hilton Hotels

Continued from page 32

11 a.m. to 10:30 p.m., and on Fri. and Sat. to 11 p.m. Fully licensed. Range: under $6. Reservations accepted. Free parking. Accessible to wheelchairs. Armenian and Italian.

Weggie's, Lincoln and Beach Sts. Chinatown, 235-4215. Open Mon. through Sun. from 11:30 a.m. to 8 p.m. Fully licensed. Range: under $6. Dancing. No reservations. AE, DC, MC, Visa. American.

Werner Restaurant, Sears Crescent Building, City Hall Plaza, 742-9595. Open Mon. through Fri. from 11:30 a.m. to 4 p.m. and from 5 to 10 p.m. Also open Sat. from 5:30 to 10:30 p.m. Fully licensed. Range: $6 to $10. Singing, piano, and violin. Reservations. Parking. Accessible to wheelchairs. AE, CB, DC, MC, Visa. Continental.

Wine Cellar at Souper Salad, 524 Commonwealth Ave., 536-7662. Open Sun. through Thurs. from 6 to 11 p.m. and Fri. and Sat. from 6 p.m. to midnight. Beer-and-wine license. Range: under $6. Reservations accepted. Parking. Soft jazz nightly. MC, Visa. European.

Yenching, 671 Boylston St., 266-9367. Open Mon. through Thurs. from 11:30 a.m. to 10 p.m. Open Fri. and Sat. to 11 p.m. Beer-and-wine license. Range: under $6. Reservations accepted on weekends. Parking. MC, Visa. Mandarin, Sichuan.

CAMBRIDGE

Aku-Aku, 149 Alewife Brook Parkway, 491-5377. Open seven days from 11:30 a.m. to 2 a.m. Fully licensed. Range: under $6. Reservations. Free parking. AE, DC, MC. Chinese/Polynesian.

Athenian Taverna, 569 Mass. Ave., 547-6300. Open Sun. through Tues. from 11 a.m. to 11 p.m., and Wed. through Sat. from 11 a.m. to 1 a.m. Fully licensed. Range: under $6. Ethnic music Wed. through Sat. from 8:30 p.m. to 1 a.m. Reservations accepted. Parking. AE, CB, DC, MC, Visa. Greek.

Atrium Cafe, 50 Church St., 491-3745. Open Mon. through Sat. from 8 a.m. to 1 a.m. and on Sun. from noon to 1 a.m. Fully licensed. Range: under $6. No reservations. Accessible to wheelchairs. AE, CB, DC, MC, Visa. International.

Averof, 1924 Mass. Ave., 354-4500. Open seven days from 11 a.m. to 1 a.m. Fully licensed. Range: under $6. Belly dancing. Reservations accepted. Parking. Accessible to wheelchairs. AE, MC, Visa. Mediterranean.

Buddy's Sirloin Pit, 39 Brattle St., 864-4470. Open seven days from 11:30 a.m. to 9 p.m. Beer-and-wine license. Range: under $6. No reservations. American.

The Express, Hyatt Regency Hotel, 575 Memorial Dr., 492-1234. Open Mon. through Thurs. from 6 to 11 p.m. Open to 11:30 p.m. on Fri. and Sat., and to 10:30 p.m. on Sun. Sun. brunch from 11 a.m. to 3 p.m. Lounge open seven days from 5:30 p.m. to midnight. Fully licensed. Range: over $10. Reservations accepted. Parking. Jacket and tie. Accessible to wheelchairs. AE, CB, DC, MC, Visa. Sichuan and Mandarin.

Ground Round, 1712 Mass. Ave., 547-9357. Open Mon. through Sat. from 11:30 a.m. to 12:30 a.m. and Sun. from noon to 12:30 a.m. Fully licensed. Range: under $6. Parking. Reservations for large groups only. Soft rock on Thurs., Fri., and Sat. evenings. Accessible wheelchairs. American.

Jonah's on the Terrace, Hyatt Regency Hotel, 575 Memorial Dr., 492-1234. Open seven days from 7 a.m. to 11:30 p.m. Sunday brunch from 10 a.m. to 3 p.m. Fully licensed. Range: under $6 for breakfast,

Continued on Page 36

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Continued from page 34

otherwise over $10. Piano nightly. Parking. Accessible to wheelchairs. AE, CB, DC, MC, Visa. Seafood.

Latin-O, 11 Brookline St., 876-9074. Open Mon. to Sat. from noon to 11 p.m., Sun. from 4 to 11 p.m. Fully licensed. Range: $6 to $10. No reservations. Free parking. Latin music Fri. and Sat. from 8 p.m. to 1 a.m. and Flamenco dancing from noon to 12:30 a.m. Accessible to wheelchairs. AE, MC, Visa, and personal checks. Mexican.

Little Osaka, 465 Concord Ave., 491-6600. Open Mon. through Thurs. from 4:30 to 9:45 p.m. Open Fri. & Sat. from 4:30 to 10:45 p.m. Range: $6 to $10. Reservations for four or more only. Free parking. AE, DC, MC, Visa. Japanese.

Middle East Restaurant, 4 Brookline St., 354-8238. Open Mon. through Sat. from 11 a.m. to 1 a.m. and Sun. from noon to 1 a.m. licensed. Reservations accepted. Accessible to wheelchairs. Middle Eastern, Lebanese.

Panache, 798 Main St., 492-9500. Open Tues. through Sat. from 6 to 10 p.m. No license. Reservations accepted. Parking. Accessible to wheelchairs. French.

Plough & Stars, 912 Mass. Ave., 492-9653. Open Mon. through Sat. from noon to 2:30 p.m. and on Sun. from 12:30 to 4 p.m. Fully licensed. Range: under $6. Live entertainment. No reservations.

Spinnaker Lounge, Hyatt Regency Hotel, 575 Memorial Dr., 492-1234. Open Mon. through Fri. from 11:45 a.m. to 2:30 p.m., and Sun. through Thurs. from 6 to 9 p.m. Fully licensed. Range: $6 to $10. Reservations accepted. Parking. Accessible to wheelchairs. AE, CB, DC, MC, Visa. International.

Stock Pot, 57 Boylston St., 492-9058. Open Mon. through Sat. from 11:30 a.m. to 8 p.m. and Sun. from 5 to 8:30 p.m. No license. Range: under $6. No reservations. Accessible to wheelchairs. American.

Sunflower Cafe, 22 Boylston St., 864-8450. Open seven days from 11:30 a.m. to midnight. Fully licensed. Range: under $6. Sunday-afternoon jazz. Reservations accepted. Accessible to wheelchairs. AE, DC, MC, Visa. American.

Swiss Alps, 114 Mt. Auburn St., 354-1366. Open Sun. through Thurs. from 11 a.m. to 11 p.m. and to midnight on Fri. and Sat. Fully licensed. Range: under $6. Live jazz on Wed. and Thurs. from 9:30 p.m. to 1 a.m. Reservations accepted. Parking. Accessible to wheelchairs. MC, Visa. Swiss.

BROOKLINE/NEWTON

Charley's Eating and Drinking Saloon, Chestnut Hill Mall, 964-1200. See Boston listing.

Legal Seafoods, Route 9, Chestnut Hill. Open Sun. through Tues. from 11 a.m. to 9:30 p.m. and Wed. through Sat. to 10 p.m. Fully licensed. Range: $6 to $10. No reservations. Accessible to wheelchairs. AE. Fresh seafood.

Nathan's Nosh, 1003 Beacon St., Brookline, 734-8915. Open Mon. through Sat. from 6 a.m. to 9 p.m. No license. Range: under $6. No reservations. Accessible to wheelchairs. Deli.

Shanghai Garden, 1366 Beacon St., Brookline, 277-1012. Open Mon. through Thurs. from noon to 10:30 p.m. Also open Fri. and Sat. to 11:30 p.m. and Sun. from 4 to 10:40 p.m. Fully licensed. Range: under $6. Reservations accepted. Parking. Accessible to wheelchairs. MC, Visa. Mandarin and Sichuan.

Valle's, Route 9, Newton, 969-9160. Open seven days from 11 a.m. to 9 p.m. and to midnight on Saturday. Fully licensed. Range: $6 to $10. No reservations. Free parking. Accessible to wheelchairs. AE, DC, MC, Visa. American.

Continued on page 38

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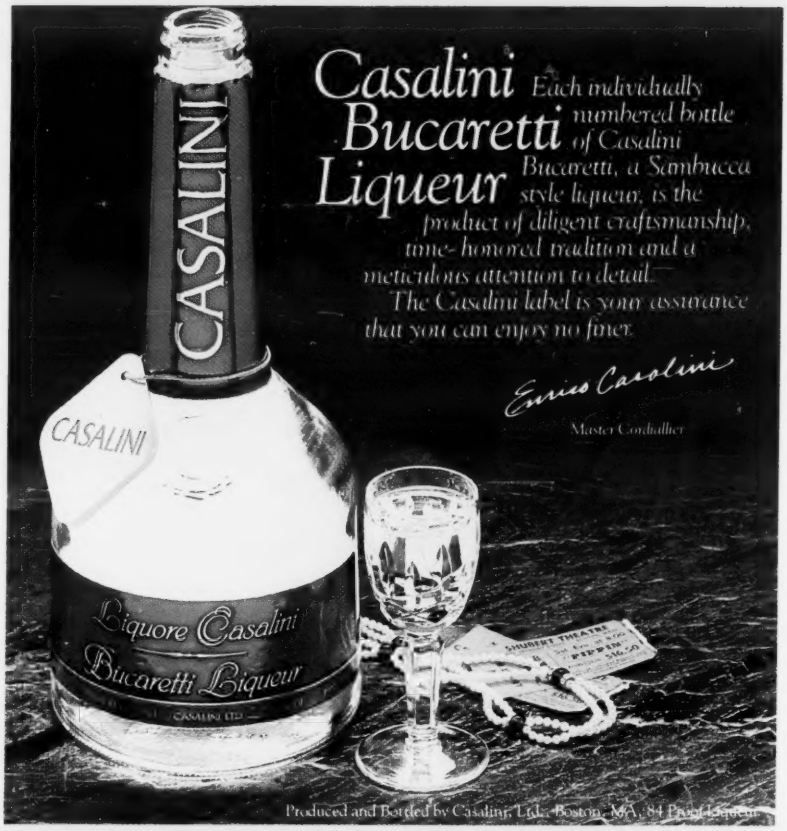
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Continued from page 36

Walter's, 1700 Beacon St., Brookline, 566-3469. Open Tues. through Fri. from noon to 11 p.m. Open on Sat. from noon to 3 p.m. and 3:30 to 11 p.m. Open Sun. from 1 to 10 p.m. Fully licensed. Range: $6 to $10. Live music Thurs. through Sat. Reservations accepted. Free parking. Accessible to wheelchairs. AE, MC, Visa. Italian-American.

EXURBIA

Allegro, 458 Moody St., Waltham, 891-5486. Open Tues., through Sat. from 6 to 9:30 p.m. Fully licensed. Range: $6 to $10. Reservations accepted. Free parking. No jeans. Accessible to wheelchairs. MC, Visa. Homemade Italian.

Cafe L'Orange, 86 Thoreau St., Concord, 369-8700. Open Mon. through Sat. from 11:30 a.m. to 2:30 p.m. Also open Tues. through Thurs. from 6:30 to 9 p.m. Fri. and Sat. to 10 p.m. Sun. brunch from 11 a.m. to 3 p.m. Fully licensed. Range: $6 to $10. Reservations accepted. Parking. AE, MC, Visa, personal checks. French/Continental.

Charley's Eating and Drinking Saloon, South Shore Plaza, Braintree, 848-0200. See Boston listing.

Ground Round, in addition to those listed under Boston and Cambridge, has restaurants in Danvers (777-0905), Framingham (879-2822), Peabody (535-9863), and Natick (978-2881).

Hubbard's Cupboard, 53 Jackson St., Saugus, 233-1322. Open Mon, Tues., and Sat. from 6 a.m. to 4 p.m. and on Wed., Thurs., and Fri. from 6 a.m. to 8 p.m. Open Sun. from 8 a.m. to 1 p.m. No license. Range: under $6. Reservations accepted. Parking. Accessible to wheelchairs. Homecooked.

Hugo's Lighthouse, 44 Border St., Cohasset, 383-1700. Open seven days from noon to 10 p.m. Fully licensed. Range: $6 to $10. Three-piece orchestra on Wed. through Sat. Valet parking. Acessible to wheelchairs. AE, CB, DC, MC, Visa. Seafood.

Jade Fountain, 200 Boston Post Road, Marlboro, 1-481-6430. Open Mon. through Sun from 11:30 a.m. to 1:30 a.m. Fully licensed. Range: under $6. Reservations accepted. Free parking. No T-shirts. Accessible to wheelchairs. AE, DC, MC, Visa. Chinese.

La Rosa Bianca, 77 Central Avenue, Lynn, 598-7072. Open Mon. through Thurs. from 11:30 a.m. to 10 p.m. and on Fri. to 11 p.m. Open Sat. from 4 to 11 p.m. and to 10 p.m. on Sun. Fully licensed. Range: $6 to $10. Reservations accepted. Parking. MC, Visa. Italian.

Miss Ruby's Cafe, Main St. West Stockbridge, (413) 232-8582. Open Mon. through Thurs. from 6 a.m. to 9:30 p.m. and Fri. and Sat. from 6 a.m. to 10:30 p.m. also open Sun. from 10 a.m. to 6 p.m. May bring your own liquor. No reservations. Range: $6 to $10. Fri. and Sat., music and song. Eclectic.

Stingers, Rte. 53, Hingham, 1-749-0707. Open Mon. through Sat. from 11:30 a.m. to 4 p.m. and to 3 p.m. on Sun. Open seven days from 5 p.m. to midnight. Fully licensed. Range: $6 to $10. Piano and vocalist nightly. Reservations accepted on Fri. and Sat. Free parking. Proper dress for evenings. Accessible to wheelchairs. AE, DC, MC, personal checks, Visa. American.

Valle's, Route 93, Andover, 944-4090 (also at Union St., Route 3, Braintree, 848-3363, and at Route 1, Saugus, 289-4090). Open seven days from 11 a.m. to 9 p.m., Saturday to midnight. Fully licensed. Range: $6 to $10. No reservations. Free parking. Accessible to wheelchairs. AE, DC, MC, Visa. American.

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